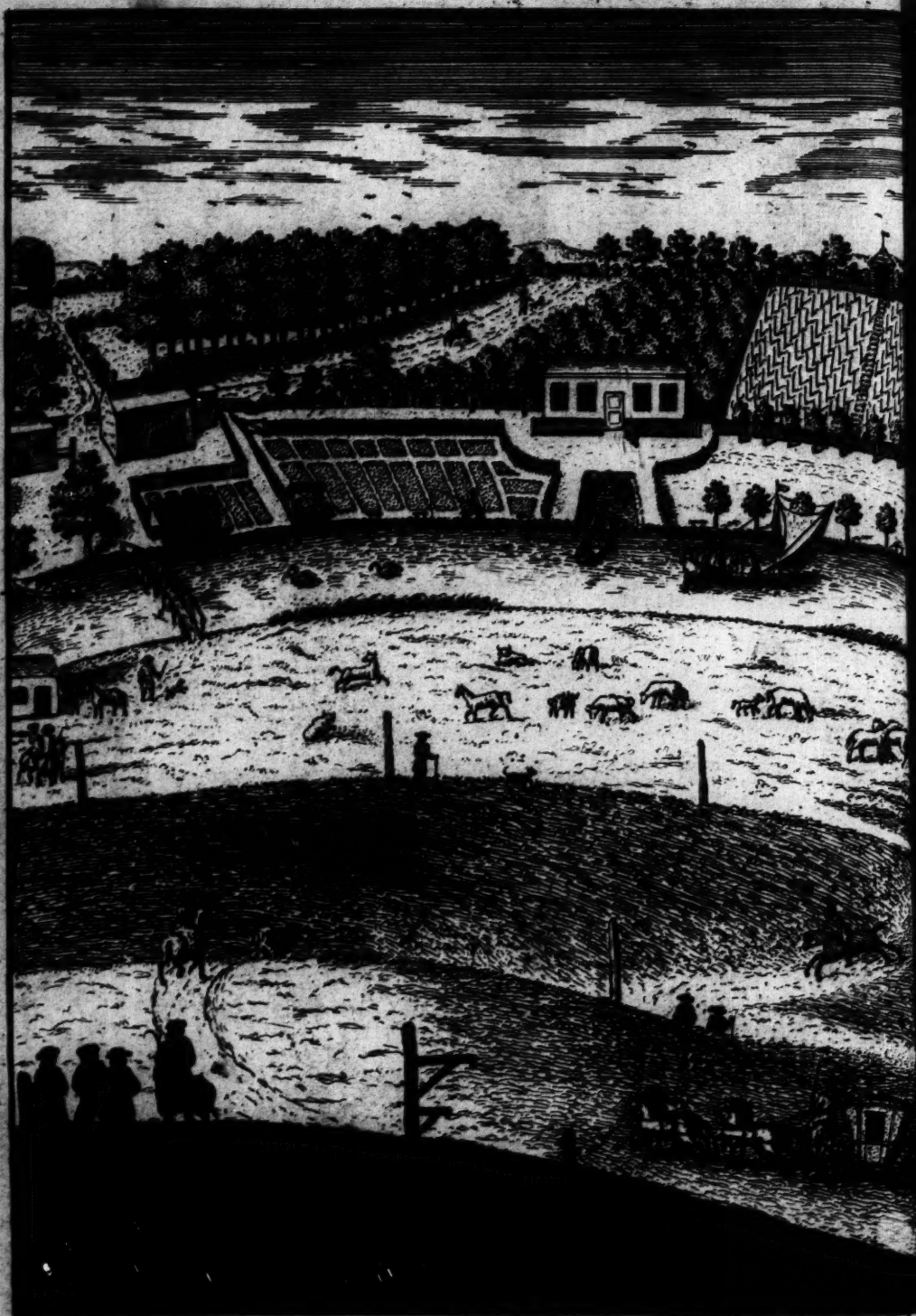
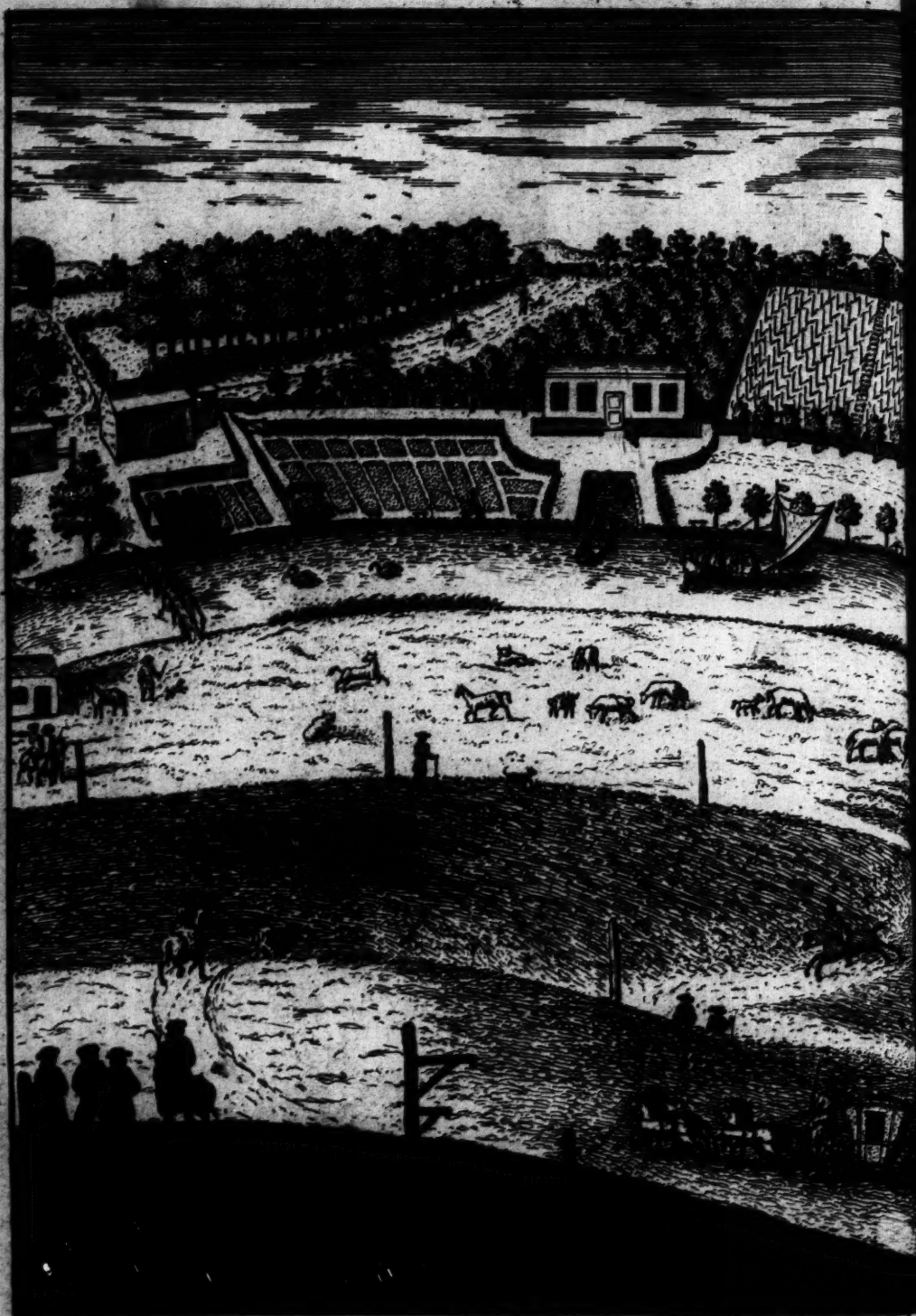




Bardwell delin:

J. Hillyard Sculp





*Bardwell delin.*

*J. Hillyard Sculp.*

7MR

A N  
E S S A Y  
O N  
HOT and COLD BATHING.

---

By JOHN KING, Apothecary. /1

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*Etiamfi omnia à veteribus inventa sunt : hoc  
semper novum erit, usus, & inventorum ab  
aliis Scientia et Dispositio.*

Seneca.



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To the very Learned and Ingenious

# PHYSICIANS

IN THE

## Diocess of *Norwich*.

*Gentlemen,*

**I** SHOULD scarce have prevailed upon myself to have ventured these few Sheets abroad in a Captious and Criticizing Age, had you not been pleased to advise and encourage me to it ; I presume rather for the Honesty of my Intention, and a Desire of doing Good, how small and inconsiderable soever, than from any Opinion you can entertain of my Ability to advance any thing new and extraordinary upon this Subject.

The Merit of the main Body of this little Treatise is undoubtedly due to those celebrated Authors, from whom I have collected : And as to the Cases that have fallen within my Notice, all I shall say is, that they are faithfully and honestly related ; with what Care and Exactness either of them is performed, you are the only competent Judges.

I could wish a Work of this Kind (if so trifling an Attempt may be called so) had been

## ii. DEDICATION.

enterprized by as able a Hand as it deserves; and am sensible, that such a one is only to be found among your learned Faculty; but considering with myself, how much better your Time is employed in effecting Cures, than in giving a History of them, and that a great Part of it is taken up in Journies from Patient to Patient; this I thought was too much to be expected, at least could not be attended to without a manifest Injury to the important Concern of Health; and therefore must be attempted (if attempted at all) by some under Labourer in the Profession, whose Business lies within a narrow Sphere, and whose Hours are of less Consequence to the Publick.

This is my Apology for engaging in an Argument, to which I have not the Vanity to think myself equal.

As to such Slips and Errors that may occur in running over this little Essay, I doubt not (as is the Manner of Men truly learned) you will candidly pass them over, and make all favourable Allowances to one, who takes this publick Occasion of acknowledging your Favours and Civilities, and is at all Times ready to shew himself,

*Gentlemen, your most Obedient*

*and most Obliged Servant,*

*Bungay, May 1,*

1737.

JOHN KING,



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# THE P R E F A C E.

**A**T my first Engagement in this Undertaking, I had some Thoughts of publishing it without a Preface, imagining that the Usefulness of the Subject might be of itself sufficient to recommend the Performance; but considering afterwards that the Curiosity of the Reader might prompt him to expect some Reasons for my thus appearing in Publick; I here acquaint him, that my Design in this little Essay is not only to recommend the ancient and useful Practice of Hot and Cold Bathing, but in a more particular Manner candidly to exhibit some necessary Rules and useful Observations to such Patients chiefly, whose Circumstances may not admit of a Fee to a Physician, or to purchase a more bulky Performance. Persons educated in the medicinal Way, and who must be presumed to understand this Method of Practice, need no farther Assistance.

I am well apprized, the Usefulness of Bathing has been well discussed both by the Ancients and Moderns; among the latter, Sir John Floyer's Treatise can never enough be admired; what he and Dr. Baynard have said upon this Subject, have almost restored it to the Reputation it bore among the Ancients; insomuch that both the one



vi      The PREFACE.

and the other stand this Day upon as sure a Foundation and certain Principles as any Part of the *Materia Medica*.

An Abridgment of this Practice has been long wanted; for there is a great Difference between reading Things of the same Tendency scattered up and down in different Places and different Authors, and reading them together without the Intervention of any foreign Matter; which Inconvenience I have to the best of my Ability endeavoured to supply; and though it may be thought to be more properly the Business of a Physician to have done this (to which Character I pay a very great Deference as becomes me) yet if a Course of nine Years Practice at my own Cold Bath should not enable me to make some useful Remarks, I may be said to have spent my Time very unprofitably, it is what any other Person of common Ability might have done, having the same Opportunity, without any extraordinary Skill in Physick.

Should it be objected, that what I offer is little more than a Collection from other Writers; I with Pleasure own, that I have with some Attention applied myself to consider and compare together the several Diseases, wherein both the ancient and modern Physicians had Recourse to Hot and Cold Bathing; and in composing this short Essay I have followed such a  
Me-

## The PREFACE. vii

*Method, as appeared to me to be most conducive towards its Use and Design; and to render it more entertaining and agreeable have submitted to the Labour of collecting Notes upon most of the Authors herein mentioned, which may be either referred to or omitted, according to the different Taste and Inclination of the Reader. And farther, in this small Work he may with a great deal of Ease find what Cases are to be relieved by this Method of Practice; and if he wants fuller Satisfaction is directed by the Quotations, where to read such Authors at large.*

*He will likewise find that the Use of Hot and Cold Bathing throughout this whole Work is in no Case recommended without the Authority and Experience of some well approved Authors.*

*It becomes all Men, who have a Love for their fellow-Creatures, to communicate such Things as may tend to their Good, but withal to be very just, in what they publish and assert in that nice Concern of Health and Life, and treat every Thing relating to it with the greatest Circumspection: Agreeably I have spared no Pains to examine thoroughly the elaborate and ingenious Works of the most celebrated Writers upon this Subject; and to such I ascribe all that shall be found good in this small Tract, having not the Arrogance to think, that what I advance of my own is of equal Perfection with*



viii      The P R E F A C E.

*theirs, who had the Advantages of a more liberal Education, and superior Literature: Nor would I have the Reader imagine that this Performance is intended to supersede the Advice of the learned Physician; or that I offer it to the World, as a finished Piece, being too conscious of my own Weakness and Incapacity for such an Undertaking. Every Man is not so happy as to have an academical Education, and yet may have a Competency of Learning to recommend him in his proper Station. For my own Part I ingeniously declare that my sole Ambition is to be subservient to the Commands and Directions of the Physicians, and value myself chiefly as an Instrument in their Hands, whereby they impart Ease and Health to Mankind. However thus much I may without Vanity affirm, that in order to make myself more eminently so, I have spared neither Pains nor Expence in contriving and building some Years since a commodious Cold Bath; the Situation whereof the Reader may find at large in the following Letter to the eminent Sir John Floyer, Knight; and as it appeared that Cold Bathing alone could not answer some Intentions of the Physicians, I have since been induced to erect a Warm Bath, together with a Bagnio or Hummums, with all Conveniences, and each contrived to make any Degree of Heat, that the Patient's Diseases may require:*



## The P R E F A C E. ix

*quire : Accommodations rarely to be met with, unless in Metropolis's or very populous Places.*

*As to the Censure or Criticism which may befall this little Piece, I am in no great Pain about it; if there be any Thing valuable in it, it will be able to support itself; if it be altogether trifling and useless, let it fall a Victim to the just Judgment of the Publick. Men of narrow Minds and an ill-natured Turn, or who like nothing, but what they themselves had a Hand in, may cavil as they please; as their Encomiums could not make me vain, their Detractions will give me no Uneasiness. It is the Approbation of the Generous, Understanding, and Unbiass'd that I aim at; who are always in the Interest of useful and well meant Designs, tho' they may not be executed with that Exactness, which the Nature of them may admit of, and their Importance may deserve.*

*I readily embrace this Opportunity of acknowledging the kind Favours of my Worthy Subscribers; and do assure them, that nothing but the good Company, which demanded my constant Attendance at the Bath this last Summer, should have so long retarded the Publication hereof: And as my other Affairs would not permit me to attend the Press at such a Distance, I hope they will make all candid Allowances, and pardon Imperfections of this Kind.*

Sir **JOHN FLOYER**, Knt. M.D.

Sir,

**W**HEN I seriously reflected upon the Duty of an *Apothecary*, as subservient to his *Physicians*; and the Conservator of the various Keys of Health, I found myself to have undertaken a Business which requir'd the strictest Justice, and the most exact Care of almost any in the whole World, since both the Credit of the *Physicians* and the Lives of their Patients would in a great Measure depend upon my Honesty and Integrity; I thought it likewise my Duty to provide whatever the *Physicians* should think necessary or conducive to the Health of their Patients; in Order thereunto I with the greatest Pleasure perus'd your excellent History of *Cold Bathing*, which ancient Practice seems not only to have gain'd a new Birth, but the numerous Observations you have so generously communicated to the World, has obtain'd an universal Approbation. Upon these Considerations I was induc'd to make diligent Search for a proper Spring for that Purpose, which at length I found in my own Land, at the Foot of a large and deep Hill, whose oblique Height is not common; it's most



*Letter to Sir John Floyer.* xi

curiously adorn'd with many Sorts of Trees standing in so handsome a Manner, as form of themselves a beautiful Landskip; the opposite Side is a fine delightful Stream encompassing a large spacious Common whose Prospect is little inferior to any. To prove the Coldness of the Water, I took with me a portable Thermometer, with which I compared it with the neighbouring Springs, and River Water, but none of the latter would sink the Spirits so low by many Degrees; I likewise try'd its Weight with a Hydrostatic Balance, and finding it much lighter than any of the other Waters, I immediately proceeded to erect a *Cold Bath* exactly of the same Form and Dimensions with that described in your learned History; and have now compleatly finish'd it to the Satisfaction of the *Physicians* and *Gentry* in our Neighbourhood, who have done me the Honour to visit it, and approv'd of the Conveniencies for so useful a Practice; and have since recommended the infirm, who by the Blessing of God have receiv'd much Relief in many different Cases. I flatter myself with thinking, that any Thing in this Nature may be acceptable, though but the smallest Attempt to the encouraging of an Art, in which you so eminently excel, more especially if it meets with your Approbation. In the mean Time I think

xii *Letter to Sir John Floyer.*

think myself under an Obligation in a more particular Manner, to beg your Goodness will pardon the Freedom I have taken in sending the inclos'd Advertisement, wherein your Name and Writings are quoted, without which, we must have been absolutely depriv'd of a very valuable Branch of Knowledge relating to *Hot* and *Cold* Immerfion, had not your seasonable Industry interpos'd for its Rescue, and compleated a Work that will enroll your Name in the Records of Fame, till Time shall be no more: fearing I have trespass'd too much already, I shall only beg leave to assure you that my highest Ambition is to have the Favour of an Answer at your Leisure, which I am sensible will not only secure me from the Censure of the effeminate and luxurious, but excite others of the learned Faculty, after your Example, to encourage and experience the *Psycbrolusia*, which will be a distinguish'd Honour conferr'd on, Sir,

*Your most obedient and*

*very humble Servant,*

BUNGAY, March 30, 1728.

JOHN KING.

Sir



Sir JOHN FLOYER's Answer, to my preceding Letter, in Recommendation of *Cold Bathing*.

Lichfield, April 21, 1728.

Sir,

I Thank you for your Present of the Print of your *Cold Bath*, and I think your publick Concern and Charge for the Convenience of your Patients, and Provision for the useful Practice of *Cold Bathing*, deserve acknowledgement both from your Patients and their Physicians; you well know how much I have recommended the *Psycbrolusia*, and have given many Directions about it, which I think are not yet fully understood, and therefore I will mention some Observations I have made since my Book was printed: I wish they may be useful to you. The tender Patients may be reconcil'd to the Use of *Cold Baths*, by bathing in a Tub of cold Water, to which may be added a Pail of boiling Water; a general Method of so much bleeding and purging must be used before the Cold Bathing, as the Disease requires; and if you dip but twice in a Bathing, 'tis as much as the old Writers required; and you must use the *Cold Bath* at eleven or twelve in the Morning, and not when very hot;

xiv *Sir John Floyer's Answer:*

hot; not at Night: This was *Galen's* Observation, all Evacuations and Hot Baths only prepare our Patients for the Cold Bath; this is good in all Obstructions and Pains; and I observ'd that a leprous Itching receives no great Benefit by Cold Bathing, which checks the salt Humours and keeps it within, till they first use the *Hummums* or *Warm Baths*, and then the cold Water will prevent the Fermentation of the Humours, and will turn the Circulation towards the Kidneys, and evacuate the salt Serum that Way. The same Method was used formerly in the Palsy; first they used, after general Evacuations, the *Warm Bath* to discuss the fizy Humour lodged in the *Medulla Oblongata*, then afterwards the weaker Muscles will be strengthened, and the Appetite excited. I commonly cur'd the Rickets by dipping the Children of a Year old in the Bath every Morning; and this wonderful Effect has encouraged me to dip four Boys at *Lichfield*, in the Font at their Baptism, and none have suffer'd any Inconveniences by it. I have observ'd, that old Women stop violent *Hæmorrhages* by the Womb by *Cold Bathing*: *Cold Baths* prevent the Infections of Fevers, by making the Body less sensible of the Changes of Air; I have often prescribed *Cold Baths*, to Persons bit by a mad Dog, after the Use of *Decoctum*



*Sir John Floyer's Answer.* xv

*coctum ad morsum Canis*, in *Bates*, and none have miscarried who used it: And the *Tarantism*, as *Dioscorides* says, *Balneo aqua marinae et Rhasis*, and *Ferdinandus* commends the *Sea Bath* in poisonous Bites. *Lominus* assures us, that *Cold Baths* cure the *Fames Canina*, which happen after long Fevers; you may try the *Cold Bath* after the long Continuance of the present *Ague Fits*, by going in before them, after all *Evacuations* are made in the Beginning; sometimes *Podagries* have kept their *Fits* off with it. If you have any cold *Sulphur Water*, I have heard they have done great Cures in the *Leprosy*, because they discuss that *Humour* in the *Skin*, and also cools. You cannot be far from the *Sea*, so that you may try the *Sea Water Bath* in *Dropies*, and dull *Hearing*: I knew a deaf Person who told me he could hear perfectly well that Day he bath'd in the *Sea*. If you have any *Steel Waters*, and they who drink them want a *Cold Bath*, they must use the *Bath* after they have drank them; and not use cold *Water* after *Cold Bathing*; the *Bathing* helps the passing of the *Waters*, but cold *Water*, after *Cold Bathing*, chill too much. I have been very busy in dipping a Friend's Child in *Baptism*, this Week; and now I believe I have convinc'd my Neighbours, that there is no Danger  
in

xvi *Sir John Floyer's Answer.*

in baptizing Children by dipping; and all now in our County freely dip and cure the *Rickets*, by bathing fourteen Days or more in the *Bath* every Morning; this Custom will never fail, since that makes the Child very sensible, strong and brisk, and of a fresh Colour. I thought such Remarks as I have given you, would be more acceptable, than any Form of Compliments; I will therefore conclude with my wishing you good Success in your *Cold Bathing*; who am, Sir,

*Your oblig'd Friend,*

JOHN FLOYER.

The



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THE  
 ANTIQUITY  
 OF  
 HOT and COLD BATHS.

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CHAP. I.

THERE is no Part of Medicine more ancient than that of *Hot* and *Cold Bathing*; it was often recommended by *Hippocrates*, in whose Time the *Gymnastic* Practice was introduced into the Art of Physick, to which Class *Bathing* undoubtedly belongs; but who first recommended it to Mankind I shall not take upon me to determine; some Historians tell us, that *Cleophantus* (a) amongst many other delightful Things first

(a) *Cleophantus* was the Son of *Themistocles* a Physician of *Corinth*.

made the Experiment; others relate, that *Antonius Musa* first introduced *Cold Baths* into the Art of Physick, or rather established the Use of them; but certain it is, that *Asclepiades* (b) brought them into the most universal Request; he called Exercise the common Aid of Physick, and wrote a Treatise *de Frictione & Gestatione* which is mentioned by *Celsus* in his Chapter *de Frictione*; and according to Authors of unquestioned Veracity, they were formerly reckoned the grand Panacea in most Cases.

(b) Of *Prusa* in *Bithynia*; he practised Physick at *Rome*, and succeeded *Archagathus*, about the Middle of the 39th Century; he was esteemed by some next to *Hippocrates* himself. He was the first that used Wine, as a Medicine, and allowed his Patients more Freedom, especially in the Use of Wine and *Cold Water*; he was in the Favour of *Mithridates*, who was allowed to be a good Judge in Physick; all concurred in his Interest, and in a short Time procured him the good Opinion of the People, especially when he gave out that his Design was to avoid all manner of Cruelty, and to cure his Patients *cito, tuto, jucundè* \*, viz. with Dispatch, Safety and Pleasure, in Opposition to the Practice of *Archagathus* on the one Hand, and some of the Physicians then living on the other; his whole Practice lay in a small Compass, consisting chiefly in *Abstinence, Bathing, Friction, Gestation, Walking and Bleeding*, on which *Cælius* has given a very particular Account. He had acquired a great Reputation, but fearing he should fall sick, and lose the Credit he had gained, after living to a great Age threw himself down Stairs and died.

\* *Celsus*, Chap. 4. lib. 3.



Dr. *Oliver*, in his Dissertation on *Bath Waters* believes, that Mens Curiosity and Reason put them first upon making Experiments in *Cold Bathing*, and that it was very natural for rational Creatures, when they found their Blood heated by the scorching Sun-Beams, should soon imagine, that *Bathing* in cold Water must clean, cool, and refresh them; as also by a Parity of Reason that *warm Baths*, in weak and cold Constitutions, must strengthen, comfort, and relieve them; thus by Use and Observation from repeated Experiments of this kind, Men became more acquainted with the Advantages and Virtues of both *Hot* and *Cold Bathing*. Certain it is we find frequent Mention of *Bathing* in *Holy Writ*, and *Homer* (c), one of the oldest prophane Authors we have, tells us, that *Ulysses* and his Comrades bathed both in warm Water, and in the Sea, to refresh themselves after a Fatigue before they dined.

*Suetonius* tells us, that *Antonius Musa* (d) cured the Emperor *Augustus* of a dangerous

B 2

Catarrh

(c) Vide *Iliad*. 10.

(d) A famous Physician at Rome, Contemporary with *Celsus*. For his great Success in the Cure of *Augustus*, the Senate rewarded him with a profuse Sum of Money, and was permitted to wear a Gold Ring, (a Distinction peculiar to the Nobility till then); the whole Faculty was likewise

Catarrh by *Cold Bathing*, and recommended it afterwards in many Diseases.

*Dion Cassius* assures us, that *Musa* prescribed the *Hydroposia*, together with the *Psycrolusia*, in the Cure of *Augustus*. And it was by the Advice of *Musa*, that *Horace* (e) recovered his Sight by the Cold Bath at *Clusium* and *Gabii*, after the Use of the Hot Baths of *Baia*,

—*Nam mihi Baias*

*Musa supervacuas Antonius & tamen illis  
Me facit invisum gelida cum perluor unda  
Per medium frigus—*

That Baths have been of very ancient Use in the Eastern Countries, is attested by *Plutarch* (f), *Strabo* (g), *Diodorus Siculus*,

likewise honoured with a Ring upon his Account, and the same Ceremony is still continued in most of the Universities in *Europe*. They were also exempted from all Taxes for ever. He wrote some Books upon the Composition of Medicines, which *Galen* said were very good. He had a Statue of Brass erected for him in the Temple of *Esculapius*, by Order of the Emperor.

(e) Vid. Epist. 15. lib. 1.

(f) A Philosopher, Historian, and Orator in *Chæronea*, a City of *Bæotia* in great Esteem in the Time of *Nerva*, and *Trajan*; St. Jerom saith, he lived till the 3d of *Adrian*, which was in the Year 119.

(g) A learned Philosopher and Geographer, in the Time of *Augustus*, and *Tiberius*; he was originally of *Gnossus* in *Crete*, but born at *Amasia* a City of *Cappadocia* or *Pontus*. He studied under *Xenarchus* a *Peripatetick*, and after that, he took himself to the *Stoicks*, as he tells us himself in his *Geography*, which we have in seventeen Books, and are a sufficient Proof of his great Genius, Learning, and



## Hot and Cold Baths.

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*lus* (*b*), *Pausanias* (*i*), and most of our Historians and Poets, who make frequent Mention of them in their Works.

Lord *Verulam* (*k*), in his *Natural History*, tells us that Bathing is conducive to Health, and the Prolongation of Life, and that it was

and Diligence: He travel'd into divers Countries to observe the Situation of Places, and the Customs of People. He died very old in the 12th Year of the Reign of *Tiberius*.

(*b*) An excellent *Historian*, who flourished under the Emperor *Augustus*; His *Bibliotheca*, contained 40 Books of the *Roman* and other intermixed Histories.

(*i*) A Grammarian of *Cæsarea* in *Cappadocia*, lived in the second Century in the Reign of *Antoninus Pius*. He was the Disciple of *Herod* of *Athens*, and lived a long Time in *Greece*, and afterwards at *Rome*, where he died very old. He wrote a Description of *Greece* in ten Books, which are still extant.

(*k*) The Right Honourable *Francis Bacon*, Baron of *Verulam*, Viscount of *St. Albans*, Lord High Chancellor of *England* under King *James* the first, was one of the greatest Men and most worthy of Admiration, that had been for many Ages: He well understood the Imperfections of the *Philosophy* of that Time, and studied hard for its Reformation; His Conversation was charming, His *Genius* inimitable; none ever spoke more *elegantly*: The Fear of every Man that heard him was, lest he should make an End. By labouring so hard for the Republick of Learning, he neglected his own domestic Affairs, which plunged him into many Difficulties, as may be found in the *Bibliotheca Universelli Tom. 15th. p. 45*. He lived 66 Years, and died upon Easter-day *April* the 9th, at the Earl of *Arundell's* House at *Highgate* near *London*, and was buried in the North Side of the *Chancel* in *St. Michael's* Church at *St. Albans*.

as customary, amongst the *Romans, Grecians,*  
and *Turks*, as Eating and Sleeping.

The *Romans* in a more especial Manner greatly improved this Part of Physick; very noble and magnificent *Baths* were erected at the Charge of their *Emperors*, who *bathe*d in Publick frequently amongst the People, to ingratiate themselves with them.

*Pliny* tells us, that *M. Charmis* a *Marfilian* first introduced *Cold Bathing* at *Rome*; after which *Agrippa* built 170 publick *Baths* there at his own Expence for common Use; and *Pancirollus* (l) tells us, that there were 856 *Baths* at *Rome* at one Time; some of them we are informed (m) were the most magnificent Buildings in the City, of which there are still considerable Ruins remaining, particularly of *Antony's Bath*, which lies at the Foot of *Mount Aventine*, and appears more like a great Town than a single *Fabrick*; the Walls are still vastly thick and high, and it contained sixteen hundred Seats of polished Marble, for as many Persons to sit and *bathe* in separately; some of

(l) Vide *Pancirol. de Rebus Deperd. & Invent.* p. 93.

(m) Vide *Salmon's Mod. Hist.* Vol. 10. p. 89. Vide *Philosophical Transactions* variis in locis.



## *Hot and Cold Baths.*

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these *bathe* Places were floor'd with Silver, and the Pipes which brought in the Water were of the same Metal; the Walls being adorned with Statues, Pictures and precious Stones, which occasioned *Pliny* (n) to say, that he wished old *Fabricius* (o) were but alive, to see the Degeneracy of his Posterity. Their noble *Bagnio's*, as observed by *Ammianus Marcellinus* (p), were built in *Modum Provinciarum*, as large as Provinces; but the great *Valesius* (q) judges the Word *Provinciarum*, to be a Corruption of *Piscinarum*, and though this Emendation does in some Measure extenuate one Part of the Vanity which has been so often alledged against them from the Authority of that Passage of the Historian, yet the prodigious Accounts that we have of their Ornaments, and Furniture, will bring them perhaps under a Censure no less favourable than the former, which is particularly observed by *Seneca* (r).

The *Baths* of *Dioclesian*, *Salmon* (s) tells us, had Seats for three thousand People, who might

(n) Vide *Pliny's* Nat. Hist. lib. 33. chap. 12.

(o) A Patron of Frugality.

(p) *Ammian* Marc. lib. 16.

(q) Vide Not. ad Locum.

*Virgine Vis sola lotus abire Domum.*

(r) Vide *Epistle* 86.

(s) Vide *Salmon's* Mod. History. Vol. 10. p. 29.

*bathe* without seeing one another; he likewise mentions the *Baths of Constantine*, built before his Conversion, which stood at the Foot of Mount *Cavallo*, a third Part whereof are still remaining; there are also some small Ruins of *Nero's*, near the Church of Saint *Eustachius*; of those of *Paulus Æmilius*, near St. *Dominick's*; and of *Agrippa's*, near the *Pantheon*, which is called in *Pliny's* Natural History by the Name of *Virgo*; it is intensely cold, and in that they *bathe*, after the Use of the *Hot Baths*, or moderate Exercise.

*Prosper Alpinus* (t), who lived at *Grand Cairo*, acquaints us, that the Inhabitants there had a great many magnificent Structures for *bathe*, which were very much frequented by the *Egyptians*; we are also very well assured from Travellers, that, all over *Turky*, *Baths* are of great Use amongst the *Mahometans* to this Day.

*St. Augustin* mentions many Cures by warm *Bathing*, and that in general it procured a more healthful *Juvenility*.

*Homer* mentions the purifying the *Atrides* in the Sea, and that *Circe* was found by *Jason's*

(t) Vide Med. Egyp. lib. 3. cap. 6.



## *Hot and Cold Baths.*

9

Companions, washing her Head in cold Water to help her Night Dreams, and her prophetick Extasies.

The Author of the Life and Writings of *Homer* (u), where speaking of the *Island Cbios*,  
“ says it was no ill-chosen Retreat, it enjoyed  
“ the diffusive Benignity of the Climate, in  
“ common with the rest of that delicious  
“ Coast; but peculiar to itself, it produced the  
“ richest Wines that *Greece* could boast of,  
“ and abounded with the other Ingredient of  
“ the Pleasures of the Ancients, viz. the finest  
“ Oil; and what made this so necessary was  
“ the Use of the *Hot Bath*, an Article in their  
“ Living they rated so high as to set it upon a  
“ Footing with the Joys of Wine, and the  
“ Charms of the Fair; and these three together  
“ were thought so sweet by the ancient  
“ Men of Pleasure, that Life in their Opinion  
“ was not worth keeping without them.

“ *Balnea, Vina, Venus, corrumpunt Corpora*  
“ *nostra,*

“ *Sed vitam faciunt, Balnea, Vina, Venus.*

“ *Homer* himself, when he describes a Person  
“ newly come out of the *Bath*, and anointed

(u) Vide page 112.

“ with

“with Oil, generally adds, that he appeared  
 “taller and larger than before, and was grown  
 “something like the Immortals.”

*Virgil* describes the washing of *Aeneas* before his Sacrifice to the Gods above,

*Donec me flumine vivo abluero;*  
 and in *Dido's* Sacrifice to the *Dii Inferni* (where they only used Asperſion)

*Dic Corpus properet fluviali spargere lymphæ.*  
*Cold Bathing* was likewise recommended by *Celsus*, *Cælius Aurelianus*, *Suetonius*, *Oribasius*, *Ægineta*, and many more of the Ancients, where the Manner of *Bathing* in all their *Hot* and *Cold Baths* is very amply described; and it was usual for them to go from the *Hot Baths* to the *Cold*; and *Galen*, who approves that Practice, says, “that by this Means the  
 “Limbs and Skin are strengthened, and thereby  
 “Health confirmed, such Persons being least  
 “liable to be affected by Changes of Air or Wea-  
 “ther.”

*Seneca* valued himself, that he was able to dance in a *Cold Bath* upon the first of *January*.

*Cold Bathing* was so much the Mode in *Pliny's* Time, that the most dignified strived to excell each other in the coldest Springs that could be found.

*Camden*



*Camden* assures us, that the *Gauls*, from whom our *Britons* sprung, had their sacred Fountains, which they called *Divona*, and we may well suppose that they used them both for Lustration and Cures, as in following Ages, (when Christianity came into *England*) the *Saxons* did. *St. Winifred* lived about the Year 644, and *St. Mongah* in the *Saxons* Times; and we find the Wells dedicated to these Saints were famed, both for their Cures and Devotions; many of our *English Baths* will do miraculous Cures, when used properly, though in Ages more illiterate, they were imputed to the Virtues of the Saints to whom they were dedicated, or the Devotions used there.

The Antiquity of *Cold Bathing* is further illustrated by Immersion in Baptism, continuing till the Beginning of the last Century; that Religious Ceremony shews, that *Cold Bathing* was both safe and useful, and as that Practice was found to be both safe and innocent for such a Number of Years, it is astonishing this present Age can apprehend any Danger in *Cold Immersion*; for had the tender Infants received any Inconveniences by their Immersions, that Custom could not have been so long supported in

in this Kingdom; *Almighty God* would not command any Practice to the Prejudice of our Healths, but on the contrary, according to his great Goodness, makes that our Duty, which tends to the Preservation of Health.

Sir *John Floyer* (x) takes particular Notice, that the ancient Custom of our Church was to *immerse* all Infants at their Baptism, and this continued from the beginning of Christianity till about the Year 1600; but when the Reformation became more established, this salutary Custom was expunged; though he thinks it is not yet abrogated, but recommended by the Canon. As it was found to invigorate the whole Body of Infants, it probably kept off some Diseases that by the Neglect of it (at least in part) became first known, such as Rickets, &c. scarce ever heard of in *England*, till King *Henry* the Seventh's Time.

He farther observes, as it was designed for a Baptismal Rite, for the washing away Original Sin, so consequently it should be a Means of curing the Infirmities, and hereditary *Diseases* of Infants; and if *Immersion* was found contributing to a better Health in Infants, it might be concluded of signal Service to amend or preserve it in Adults; for whatever Distem-

(x) Vide the History of Cold Bathing. 5. Ed.



per they are proper to cure, they are proper to prevent.

This Practice was in great Esteem amongst the *Patriarchs*, and the *Egyptians*; the *Greeks* imitated them; and we find it recorded that *Jacob* commanded his Family to purify themselves and change their Garments, before they went to *Bethel* to sacrifice; which shews that this Ceremony was a Part of natural Religion.

St. *Peter* called Baptism the Anti-type to the Flood, and many Instances from Divine Writing prove, that Purifying by Water appears to be as ancient as the Law of *Moses*; for *Plato* tells us, that the Gods purified the Earth by the Flood, for which Reason it was brought upon the Earth; and from this Opinion came the Custom of purifying Mankind by Immersion, and what help'd like a Charm, in former Days, was that inward Purity of Mind imagined to follow Religious *Bathing*, and a Reverence to the Places: And it was from a Change of Religious Opinions, that *Baths* became disused in a Manner among us; for the Virtue of most Springs resorted to, was imputed to some Saint, which the last Age could not credit; their Reputation sunk, the Effect perhaps not being found the same in a weak, as in a strong Imagination; but it now has  
been

been recovering itself some Time again, upon the Foundation of more certain and demonstrable Principles.

We read, that *Naaman* was cured by dipping seven Times in the River *Jordan*.

The *Cripples* likewise received miraculous Cures in the Pool of *Bethesda*.

The *Blind* were restored to Sight in the Pool of *Siloam*.

Our Author farther says, it was the Practice of the primitive Church to baptize their Converts in Fountains, Ponds, or Rivers, and after that Manner most Nations received their Baptisma! Ablution.

St. *John* baptized *Lydia* in a River.

St. *Peter* baptized many in the *Tyber*, as is affirmed by *Tertullian*.

St. *Chrysostom* likewise mentions much of baptizing by Immersion.

The *Muscovites* will receive no Profelytes until they are baptized by Immersion; they therefore dip their Children in the Fonts, and all Persons of riper Years are plunged into Rivers at their Baptism, conceiving themselves the only Christians by Reason they are immersed; they usually baptize once a Year upon the *Epiphany*; so do the *Habassians*, as a Memorial of *Christ's* Baptism that Day in *Jordan*.



The *Cophtites* practise the same Ceremony on the 16th of *January* when they celebrate the Feast of the Epiphany.

*Perfius* observes that in great Devotions Immersion was practised.

*Hanc Sancte ut poscas Tyberino in gurgite  
margis*

*Mane caput bis terque, & noctem flumine  
purgas.*

*Diodorus Siculus* takes Notice, that the first Egyptian King used to wash his Body in Water, then adorned himself in his Royal Robes before he went to sacrifice.

The *Israelites* also were much used to Immersion by the Example of the *Patriarchs* and *Egyptians*, amongst whom they lived many hundred Years.

It was the Custom of the *Jews* (y) and all *Asia*, to wash the new born Children in Salt and Water, to make their Skin more hard and dense, and it is practised now in *England* amongst some eminent Midwives.

*Galen* (in his Preservation of Health,) advises Infants to be sprinkled all over with Salt.

(y) Vide *Ezekiel*, chap. xvi. v. 4.

Sir *John Floyer* informs us, that *Oribasius* lived long after *Galen*, and quoted his Writings concerning the Preservation of Health by *Cold Bathing*: Sir *John* gives us some Observations from *Agathinus* relating to *Cold Immersion*, which he expressly says, ought to be known by all Persons; “ They who desire to pass the short  
 “ Time of Life in good Health, ought often  
 “ to use *Cold Bathing*, for I can scarce express  
 “ in Words, how much Benefit may be had  
 “ by *Cold Baths*; for they who use them, al-  
 “ though almost spent with old Age, have a  
 “ strong and compact Pulse, and a florid Co-  
 “ lour in their Face; they are very active and  
 “ strong; their Appetite and Digestions are  
 “ vigorous; their Senses are perfect and ex-  
 “ act; and in one Word, they have all their  
 “ natural Actions well performed. He con-  
 “ cludes that this Practice may be enter’d upon  
 “ at any Time of the Year, with the greatest  
 “ Safety imaginable, but if any Difference be  
 “ made, he would prefer the Spring.”

These Authorities I hope may suffice to shew the Antiquity of this Practice, which was my first Proposition: The next Thing to be considered is the Etiology, &c. in order to shew how *Bathing* gives that sudden and wonderful Relief in many *Chronical Cases*.



CHAP. II.

*The Usefulness and Modus of Operation in Cold Bathing.*

IT is highly necessary, by way of Introduction to this Chapter, that we consider the various Qualities and different Pressure of Air that our Bodies sustain at one Time more than another, (independent of the Weight of Water in Bathing.)

The Lunatics we observe at New and Full of the Moon, are a singular Instance of this great Change. The Old and Infirm, whose Solids are of a weak Texture, we may reckon as so many sensitive Barometers; nay even the young and healthful are not wholly insensible of the different Pressure and Variations of the Atmosphere.

Air by Philosophers is defined to be an invisible, comprehensible, dilatible, elastic Fluid, the whole of which, together with the Smoke, Exhalations, and Particles of different Kinds floating in it, are in general called the Atmosphere, covering the Earth and Sea to a considerable Height, amounting to the Space of twenty Miles high according to some of the

C

Learn

## 18 *The Usefulness and Modus*

Learned, and thirty or upwards in the Opinion of others.

This *Element* being of so great Moment to Mankind we cannot be too exact and careful in the Choice of it; we find that no Animal can live many Minutes without it, because, as Respiration or Breathing is necessary for the Blood's Circulation, when that can be no longer performed, the Animal dies, as we plainly see in an exhausted Receiver. It is well known the *Air* is attracted and received into our Habits and mixed with the Fluids every Instant of our Lives; its different Qualities can alter and quite vitiate the whole Texture of the Blood and animal Juices; so that were any ill Quality of the *Air* continually introduced, it must in Time produce fatal Effects in the animal Oeconomy.

We know that the Gravitation, or Pressure of a Fluid, is always proportionable to its Depth, or Distance from its Surface; therefore the lower Parts of the *Air* are more compressed than those above, and consequently its Spring, which is always equal to its Weight or Compressure, is ever balancing with it, and produces equal Effects; therefore the Spaces into which it may be compressed, are always reciprocally proportionable to the compressing Weight; and because its Density is proportionable

able



*of Operation in Cold Bathing.* 19

able to its Compression, its Particles recede from each other with Forces reciprocally proportionable to the Distances of their Centers, as Sir *Isaac Newton* has demonstrated \*. And according to Mr. *Boyle* † we find that it may be compressed into forty Times less Space than that which it now fills; or likewise be expanded so as to possess a Space many thousand Times greater than it does when pressed upon by the common Weight of the incumbent *Atmosphere*.

But if we consider the State of the Air about us, every cubical Inch Basis sustains a Column of Air, whose Pressure, or Weight, is found to be equal to 15 Pound *Averdupois*; so that our Bodies are equally pressed upon by the Gravity and Spring of the Air; and the Weight they sustain is much greater than commonly imagined, being equal to a Cylinder of Air, whose Base is equal to the Superficies of our Bodies.

A Cylinder of *Air* of the Height of the *Atmosphere*, is equal to a Cylinder of Water of the same Base and 35 Foot high, as has been sufficiently proved by this Experiment, that Water can be raised in a common Pump to that Height and no farther; for this notable Discovery the World is indebted to *Galileo*.

\* Princip. Philo. Mat. p. 23.

† Vide Tracts about Rarefaction of Air.

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Every Foot square of the Superficies of our Bodies, is pressed upon by a Weight of *Air* equal to 35 cubical Feet of Water, which by Computation amounts to 2660 Pound Weight, for every single Foot square of our Bodies; so that if the whole Superficies of a Man's Body was to contain or be equal to 15 square Feet as is common, the Weight of the circumambient *Air*, that he would then sustain, would be equal to 39900 Pound Weight, or upwards of 13 Tun.

But as this Pressure is universal, and in all Parts of the Body equal, and as there is *Air* in the Blood to resist its Force and counter-balance all its Action or Pressure, all the Parts of our Body remain unhurt and at rest, and insensible of this great Pressure; there being not one *Fibre* disturbed by it, but rather much assisted by the compressing Force in performing their Offices. The contrary of which we often see when the Spring and Pressure of the *Air* is by high Winds, great Rains, or the like Causes much weakened.

The Difference betwixt the greatest and the least Pressure thereof being equal to 3982 Pound, and sometimes upon a Change or Diminution of Pressure, the Body is attended with great Disorders, (especially in young *Children*, hysteric or gouty Persons) which gives the inward *Air* in the Vessels more Opportunity



*of Operation in Cold Bathing.* 21

nity to act and expand itself, and cause Obstructions in some tender or infirm Part, and oftentimes in the Brain; whereby the regular Motion of the animal Spirits into the *medullary Fibres* and Origin of the *Nerves* is interrupted and disordered; whence the irregular Influx of the *nervous Juice*, and Action of the Muscles, necessarily ensue, their Antagonists not assisting them as before.

It is upon this Account we sometimes suffer by Alterations of Weather, but it is more surprizing that we suffer not oftner, and that such sudden Changes should not entirely stagnate the Blood and shatter our tender Frame in Pieces. But against this Nature has wisely provided, by causing the internal *Impetus* by which the Heart contracts, to be always strongest when the Pressure of the *Air* is greatest, whereby the Blood is more briskly moved, and more forcibly and minutely broke in the Lungs; whence all the Secretions become quicker, especially the *nervous*, by which the Heart is more strongly contracted and the Blood's Motion accelerated. Wherefore it is that the changing of *Air* is sometimes good for sick Persons, and that we are always best in Health in fine Weather. We may therefore conclude, that the two most remarkable Properties in the *Air*, are its Weight and *Elasticity*

## 22 *The Usefulness and Modes*

*lasticity* by which it runs into the minutest Recesses; the more weighty it is, the less it acts by its *Elasticity*: Cold increases its Weight, and Heat adds to the *Elasticity*. These distinct Powers therefore are equal but contrary; by these Powers it is, that the *Air* rushes into the *Trachæa*, *Bronchiæ*, and Vesicles of the Lungs and blows them up; so that the Circulation may succeed with Ease; the Blood upon their sinking is compressed and broken into small Globules, and is driven into the left Ventricle of the Heart, which sends it into the whole Body. It also assists in promoting and preserving Health; for the Advantages of *Respiration* and *Perspiration* succeeding well, are of such great Consequence that nothing but Death or Diseases must ensue upon any Deficiencies in them. But if *Respiration* goes on successfully, the Blood is received and returned; it is prepared to enter the minutest Vessels; and by this Mechanism, as one of the chief, we are continued in Life. A warm *Air* or any moderate external Warmth relaxes the Solids, helps *Perspiration*, cools the Viscera, and renders our Bodies light (if not prevented by any undigested Humours). So likewise a cold and moist *Air* will consequently obstruct the perspirable Matter and render it heavier. The *Salubrity* or Unwholsomeness of the *Air* in general, proceeds from  
the



the different Combinations of the *Heterogeneous* Particles that constantly make their Way into it; and healthful Seasons and Situations greatly depend upon the *Effluvia* arising from the neighbouring Places, or what happens to be wafted about by the Winds; many of which though innocent and wholsom themselves, yet being mingled together may become hurtful to Life. And on the contrary such as are prejudicial may chance to be joined with *Effluvia* from Matters of a different kind, so as to have their Malignity mitigated, and may thereby become indifferent and even healthful. Various Hypotheses may be formed relating to the *Air*; and as it is a *Chaos* of all Sorts of Bodies, it is extremely liable to produce both good and bad Effects in the animal Oeconomy. To reason any farther upon the peculiar Modification of these Atoms, would not only lead on the Digression too far, but is a Subject for a much abler Genius.

The learned Dr. Cheyne \* tells us, " That  
" nothing is so injurious, and prevents the Be-  
" nefit of *Exercise* to weak and tender Consti-  
" tutions, as sucking into their Bodies the  
" nitrous and humid Particles of the *Air*;  
" that is catching of Cold; now nothing so  
" effectually prevents this, as *Cold Bathing*;

\* Health and long Life, p. 102.

## 24 *The Usefulness and Modus*

“as the Nature of the Thing shews, and  
 “Experience confirms; for if *Exercise*, to  
 “attenuate the Juices, and strengthen the  
 “Solids, be added to *Cold Bathing*, a new  
 “Spring and Force will be given to the *Blood*,  
 “both to drive out those foreign and noxious  
 “*Mixtures*, and to unite the cuticular Scales,  
 “which Form the Scarf Skin so as to strength-  
 “en it for the future against such violent  
 “*Entries*.”

This ingenious Author further says \*, that  
 “He cannot sufficiently admire how *Cold Ba-*  
 “*thing* should ever have come into such *Dis-*  
 “*use*, especially among Christians, when com-  
 “manded by the greatest *Law-giver* that ever  
 “was under the Direction of *God's Holy Spi-*  
 “*rit*, to his *chosen* People, and perpetuated to  
 “us in the Immersion at Baptism, by the  
 “same *Spirit*, who with *infinite* Wisdom in  
 “this, as in every thing else that regards the  
 “*temporal* and *eternal* Felicity of his Crea-  
 “tures, combines their Duty with their eter-  
 “nal Happiness. First, the Necessity of a  
 “free *Perspiration* to the *Preservation* of  
 “*Health*, is now known to every Body, and  
 “frequent *washing* the Body in Water, clean-  
 “ses the Mouths of the perspiratory Ducts  
 “from that glutinous Foulness that is conti-

\* Ibid. p. 100.



*of Operation in Cold Bathing.* 25

“nually falling upon them, from their own  
“condensed dewy Atmosphere, whereby the  
“Perspiration would be soon obstructed, and  
“the Party languish. *Secondly*, the having  
“the Circulation full, free and open, thro’  
“all the capillary Arteries, is of great Benefit  
“towards Health and long Life. Now no  
“thing promotes that so much as *Cold Ba-*  
“*thing*; for by the violent and sudden Shock  
“it gives to the whole System of the Fluids,  
“from the Circumference inward towards  
“the Centre, and the Fluids (because *Reac-*  
“*tion* is always equal and contrary to Action)  
“springing back again from the Centre, to  
“the Circumference, a Force is raised al-  
“most ever sufficient to break through all the  
“Dams and Obstructions of the *smallest Vef-*  
“*sels*, where they mostly happen, and to carry  
“the Circulation quite round.”

III *Cold Baths* were by the *Ancients* held in the  
highest Veneration, especially amongst the  
*Jews* and *Romans*, not only for the amazing  
Cures that were daily effected by this Prac-  
tice, but also for Cleanliness and Delight; and  
none denies, but Use and Observation has  
brought them into great Reputation again;  
neither is it to be doubted but a little Time  
will make this Practice as familiar to us as it  
was to our Predecessors. For this present Age

is

## 26 *The Usefulness and Modes*

is not wanting to produce innumerable Instances of Cures, where *Cold Bathing* has often succeeded, after other the nicest Methods had failed. There are scarce any *chronick* Distempers in which the *Cold Bath* may not be used with Safety and Success, unless there be something in a Constitution that contraindicates, as unsound *Viscera*, or too much *Conpulsivity*, for in very fat Persons the Fibres are so compressed that they have not Room to vibrate or contract with the sudden Pressure of the *Bath*; instead therefore of enforcing their Springs, and shaking off the unnecessary Incumbrances, they will be only strained to no Purpose, and consequently weakened. For it's a certain Rule, that any sort of *Exercise*, and even all Attempts that are made by moving the Solids to break the Viscidity of the *Fluids*, and thereby make any Discharge, if it does not effectually succeed, the Obstruction will be made much greater and the Body brought into a worse Condition than before; such Means therefore ought to be entered upon with the utmost Prudence. In unsound *Viscera*, or where any Part is much weaker than the rest, such additional Force will press the Fluids upon that Part too much, and probably may endanger some of the capillary Vessels, or promote a flow of Humours to such a Part,



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a Part, which otherwise might be discharged more safely. Whatever is to be effected by bracing the Solids, invigorating their Vibrations, and accelerating the Motion of the Blood, may confidently be expected from *Cold Immersion*.

All Diseases therefore from a *stazy* Blood, or a preternatural Lentor in the animal Juices (if the *Elasticity* of the Vessels is not totally destroyed by Age or Debauches) will find Relief from *Cold Bathing*.

If any Inconveniencies attend from a bad Perspiration, an inactive or sedentary Course of Life, or when Humours are thrown upon the Surface and lodge in the Skin, this Remedy will contribute great Assistance. For upon *Immersion*, the whole nervous System is so much agitated, that the Capillaries not only feel the Influence, but the minutest Passages are forced open by an encreased Velocity of the circulating Fluids; whereby the Skin will be cleared, and instead of entertaining any gross acrimonious Humours transmits only the imperceptible Matter of Perspiration; and this clearly appears, by the great Chearfulness we immediately find after *Bathing*.

When the Mercury stands highest in the Barometer, our Bodies sustain (as before mentioned) supposing the *Area* of the Skin to be  
fifteen

## 28 *The Usefulness and Modus*

fifteen Feet, a Weight of *Air* equal to 39960 Pound Troy Weight; but a Person two Foot under Water, sustains a Weight of *Water* added to that of *Air* = to 2280 Pound; for 2 the Number of cubical Feet of Water pressing upon a Foot square of the Skin + 76, the Number of Pounds in a cubical Foot of Water is = 152 + 15, the supposed Number of square Feet on the Surface of the Body is = 2280 Pound Troy

The Subject of *Cold Bathing* cannot be better treated than by Dr. *Wainwright* in his *Non-naturals*; and Sir *John Floyer* and Dr. *Baynard*, in their *History of Cold Bathing*; (these *Authors* highly deserve the Perusal of all that regard their Health.) The first tells us, that the most obvious Consequence of *Bathing*, is by a greater Pressure upon our Bodies, 1. To straiten the Vessels and dissolve the Humours. 2. To remove any viscid Matter adhering to the Sides of the Vessels. 3. To scour the Glands by fitting the Humours to pass them and be evacuated, and to squeeze out any obstructing Matter, that sticks to the Sides of the Vessels and render the Motion of the Fluids more free and easy. 4. It mightily encreases the Quantity of Blood in the Brain and *Viscera*; hence a greater Quantity of Spirits are generated and moved with greater Celerity through



*of Operation in Cold Bathing.* 29

through the Nerves. 5. The Blood being thrown upon the *Viscera*, occasions a greater Quantity of *Urine*, *Bile*, *Pancreatick Juice*, &c. to be separated. 6. What hindred Secretion in the *Reins*, *Liver*, *Spleen*, *Pancreas*, *Mesentery*, &c. will be hereby removed and Obstructions cured, if not too *chronick* and obstinate. On the *first*, *second*, and *third* of these Accounts it is, that *Cold Bathing* cures the *Itch*, *Scurvey*, and *Elephantiasis*. It is from the *third* and *fourth*, that it cures *Palsies*, *Madness*, *Melancholy*, and the *Bite* of a *mad Dog*; from the *fifth*, it cures the *Stone* and *Gravel*, from the *sixth* and the rest, it cures *Cachexies*, *Jaundice* and beginning *Dropsies*. It is from the Contraction caused that it stops *Hemorrhages*, *Gonorrhœas*, *Fluor Albus*, *Frigidity*, *Infrequency* and *Impotency* to *Venery*; and the quicker we are immersed the more instantaneously it operates.

The natural and fixt Consequence of *Bathing* is agreed upon to be, a *Contraction* of the *Fibres* and a *Restitution* of their *elastic Tone*, which being propagated through the whole Body, the Blood and Humours are propelled with greater Force through the Vessels; the Circulation is better promoted by the contractile Force becoming stronger, and the Channels narrower, the Tension of the Fibres be-

ing greater the Vibration will be both quicker and stronger, in Proportion to their encreased Tension; so that the Blood and Spirits must not only move more swiftly through the Canals, but also be extremely divided and circulate with greater Velocity. It's the Cold and Pressure together that makes our Solids retreat into a narrower Compass, they then being strengthened and lessened in their Capacities, the Heat and Circulation is helped forward and augmented in the Proportion it bears to its Vessels, and it is equal whether that be increased, or the Dimensions of these streightened or lessened. By the same Force of contracting the Fibres, *Cold Bathing* repels impacted Humours, and is convenient in *Tendons* stretched beyond their usual Tone.

It is observed in *Bathing*, that the Heat is communicated from the Circumference to the Centre, and upon coming out of the *Bath*, the Heat returns from the internal Parts to the Surface, which is performed with that *Elasticity* and Force, as fills the Skin with vast Numbers of cutaneous Spots, by which the Blood becomes much finer and the gross Parts of the *Fluids* are discharged; this is evident to most Patients that use *Cold Bathing*.

The ingenious and *learned Dr. Mead* in his celebrated Piece upon Poisons, where speaking of



*of Operation in Cold Bathing.* 31

of *Melancholy* and *maniacal* Distempers \* asserts, " That *Cold Bathing* ought not to be  
" neglected, and that although there be some  
" Difference in the Treatment and Cure of  
" *Deliria*, whether *maniacal* or *melancholy*,  
" when they are originally from the Mind,  
" as the Effects of Care, Trouble, or the like ;  
" and when from an Indisposition of the Bo-  
" dy ; yet that both do agree in this, that  
" they require an Alteration to be made in  
" the Blood and Spirits ; inasmuch as the  
" Mind, by often, nay, almost continually,  
" renewing to itself any one *Idea*, of Love,  
" Sorrow, &c. does so constantly determine  
" the Spirits and Blood, one and the same  
" Way, that the Body does at last as much  
" share in the Alteration, as if it had been  
" primarily affected, and consequently must  
" have, in some Manner, the same Amend-  
" ment."

In another Place he tells us, " As all *Baths*  
" do chiefly act by the sensible Qualities of  
" Heat and Cold, and the Gravity of their  
" Fluid ; so we need go no further to fetch  
" the Reason of the great Advantage of this  
" Method in the present Case, than to the  
" Pressure of the Water upon the Body of the

\* Vide Page 103.

" Patient.

## 32 *The Usefulness and Modus*

" Patient. Every one knows how plentifully  
 " *Bathing* provokes Urine, which proceeds  
 " no doubt from the Constriction hereby made  
 " of the Fibres of the Skin and Vessels. Thus  
 " this outward Cure differs not much in Ef-  
 " fect from inward Medicines, but must ne-  
 " cessarily have the better of them in this  
 " respect, that when the fermenting Blood  
 " stretches its Vessels, the exceeding Weight  
 " of the ambient Fluid resists and represses  
 " this Distension and so prevents the Effects  
 " of it.

After I had communicated my Intentions of reducing  
 some useful Observations into a small Compass for the Ser-  
 vice of the Publick, a worthy Gentleman was so good as to  
 favour me with the following; which I hope will not be  
 thought improperly adapted to complete this Chapter.

" In order that the Body may continue in  
 " a State of Health, it is necessary that the  
 " *Æquilibrium* between the Solids and Fluids  
 " be preserved; upon that depends the Abili-  
 " ty of the Organs to perform their Functi-  
 " ons, without that, the Glands could not  
 " secrete their proper Juices.

" The Blood is compounded of Globules  
 " almost infinitely small, which Size is best  
 " adapted for the various Secretions; when it  
 " moves in the Canals with an equable  
 " Motion, and a proper Celerity, by the Blood  
 " Globules



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“ Globules rubbing against one another, arises  
“ a due Heat, and Perspiration is then in its  
“ proper Quantity (which Evacuation, if it  
“ exceeds, or is too small, what dangerous  
“ Consequences are produced)! as long as its  
“ Motion is regular, and its Velocity is nei-  
“ ther above or below the natural Standard,  
“ so long it is well with the animal System;  
“ if it's too quick, hence spring Fevers and all  
“ the direful Train of Symptoms attending;  
“ if too slow, what a Congestion of bad  
“ Humours are accumulated in the miserable  
“ Machine! there not being a sufficient Power  
“ to throw them off through their proper E-  
“ munctories; we may say that all chronical  
“ Distempers owe their Origin to this Lan-  
“ guor of the vital Fluid; it may owe its De-  
“ bility in Motion either to some bad Aliment  
“ which is ingested, or else to a Laxity of  
“ the Solids, if the latter (which is most of-  
“ ten the Case) there can be no Medicine of  
“ so great Effect, as one non-natural, I-mean  
“ Motion; by this the Fibres are braced, and  
“ acquire their due Tensify. As to this if the  
“ Reader would know the Efficacy of it in  
“ various Cases, I refer him to Dr. Fuller \*,  
“ he will there see various Sorts of Exercises

\* *Medicina Gymnastica.*

### 34 *The Usefulness and Modus*

“ used with Success in the most obstinate  
 “ Cases. But of all that can be enumerated  
 “ what so likely to succeed as the *Cold Bath*?  
 “ What other sort of Exercises are a long Time  
 “ in effecting this does presently.

“ This is not attended with any Lassitude  
 “ as some others are, but on the contrary  
 “ what Liveliness does it excite after an *Im-*  
 “ *mersion*! one feels something inexpressibly  
 “ pleasing, and no wonder; for in an Instant  
 “ all the Fibres are compressed, with the  
 “ Coldness of the circumambient Water; this  
 “ contracts them, makes the Diameter of the  
 “ Vessels less, and consequently causes a brisk  
 “ Motion in the Blood which was before lan-  
 “ guid. Often when the Blood is in a lan-  
 “ guid State or viscid, there are Obstructions  
 “ formed in the Capillaries, owing to the In-  
 “ ability of the Heart to propel this Fluid  
 “ with a greater *Impetus*: This occasions a  
 “ Heaviness or Listlessness to Action, and if not  
 “ remedied in Time, disposes the Habit to an  
 “ *Anasarca*, or such like State. Now by a  
 “ proper Use of the *Cold Bath* this is easily  
 “ prevented; for by the sudden Contraction,  
 “ it gives the Heart fresh Vigour, and so the  
 “ Lensor of the Blood is dissolved, and the  
 “ Muscles are enabled to act; in short a-  
 “ mongst all the Catalogue of Drugs there  
 “ can



" can nothing be found so efficacious as the  
" *Cold Bath* in most chronick Distempers."

C H A P. III.

*The Distempers in which Cold Bathing  
is proper.*

**H**ippocrates (a), that sublime Genius and  
immortal Founder of the Faculty of  
*Physick*, imputes all Wisdom and Folly to our  
natural Temperaments, which we may make

D 2

better

(a) *Hippocrates* was by Birth a *Coan*, the Son of *Heraclides* and *Phæneretes*, descended from *Hercules* and *Esculapius* the Twentieth from the one, and the Nineteenth from the other. His *Genealogy* is mentioned by many. He was a Pupil of his own Father *Heraclides*; then of *Herodicus*. He flourished in the Time of the *Peloponnesian* War, and justly supported the Character of the greatest *Physician* the World ever knew: He was an Ornament to the Profession, no Honours or Riches could bribe his great Soul to do a mean or unworthy Action: He was not only great and amiable in all his personal Virtues and Character, but his Writings have stood the Test of the most learned Peris for above two thousand Years, nor were they ever impugned by any, but those who knew not the Depth of the Subjects he wrote upon. His principal Care was to examine the Course of Nature, in the Progress of Diseases, as not only to know the past, the present, and the future Appearances, but also to describe them in such a Manner, that others might know them too. And though all his Works are excellent, yet in some Things he was inimitable, viz. He could not only tell the Issues of Life and Death to a very great Certainty, but  
from

### 36 *The Distempers in which*

better or worse, according to our good and bad *Regimen*; for when the natural Heat or *Globuli Sanguinis* prevail too much above the natural Degree of *Serum* in our Humours, the Soul becomes too precipitate, inconstant, and furious; he therefore teaches us to increase the

from the different Dispositions of Seasons, was most happy in prognosticating what Diseases would be *epidemical* at such and such Times: He exactly foretold a heavy *Plague* about to fall in some Part of *Greece* (supposed to be *Athens*); for there the highest Honours were conferred upon him; they *crowned* him with a *Diadem*, and voted a publick Maintenance for him and his Family in the *Prytaneum* (b), which stands recorded in the latter Part of his Works, as standing Monuments of his singular Wisdom and Virtue. He had so great a Regard to his Country, that all his Scholars were ordered to disperse themselves through the several Provinces where He judged this infectious *Myasma* might most rage, and gave them proper Instructions how to attack the fiery Disease and remove the threatening Symptoms; which signal Piece of Service had such good Effect, that in Reverence to his Memory all *Greece* consented to deify him; erecting to him a most magnificent Statue, which they placed amongst their other Pagan Deities, as may be seen more at large in *Pliny's Natural History* (c). He taught his Art with great Candour and Liberality to those who were studious of it. In an Epistle to *Democritus* he generously declared that tho' he was in a very advanced Age, and got near the Period of Life, He was far from being at the End of Physick. He died about the same Time that *Democritus* was said to have died; some say in the 90th Year of his Age, others in his 85th, others in his 104th, and some assert in his 109th. He left two Sons, *Thessalus* and *Draco*, who were said to be very famous.

(b) The Counsel House at *Athens*,

(c) Vid. lib. 7. Cap. 27.



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*Serum* by moistning Diet, to use only gentle Exercise after eating, and to avoid all Excess of hot Diet, to eat rather Herbs and Fish, and to drink nothing but Water; to use moderate Exercise in the Morning by walking to discuss hot Humours, and to use a tepid *Bath*. *Cold Immersion* has also a good Effect to stop the Circulation of hot Blood to the Brain, and may therefore give a greater Clearness to its Faculties; the Effect of all violent Passions which disturb the Judgment, is to carry a greater Quantity of Blood to the Brain, and by a violent Circulation, the Spirits are furiously agitated, which is very prejudicial both to Wisdom and Prudence. He therefore believed *Cold Bathing* to be a necessary Regimen for the obtaining of both.

He next considers the Usefulness of *Immersion* in the contrary Temperaments, where the natural Heat of Spirits is but small, and the Serum too much abounds; such Temperaments make us dull, stupid, foolish and slow in all our Actions and Senses; for when the Circulation of Humours is slow, there the animal Spirits act heavily; and in such Cases He prescribed a drying Diet, and to eat little; they must use violent Exercise, and Purges of *Hellebore*, *Vomits* and *Bagnio's*; and by these Methods they will obtain great Health both

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in Body and Mind, and thereby become more brisk, wise, and prudent. *Cold Bathing* procures a Dryness in over moist Constitutions; which is evident by the Evacuations it makes by *Urine, Stools* and *Sweats*; and a moderate Use of it produces a Heat and Ebullition in the Humours, which may be useful to cold Temperaments; but in hot Tempers use a greater Degree of *Immersion* to congeal the over-rarified Humours; which shews that by different Degrees of *Cold Bathing*, contrary Effects are procured. If it is used fasting it keeps in the Serum and Heats the Body by closing the Pores and causing a great Rarification of Humours after they are once compressed (by the Elasticity of the Air being inclosed in them); but *Cold Bathing* after eating cools, because the crude Nutriment hinders the Rarification of the Humours, and by its Coldness together with the Water, increases the present Dryness of the Body.

He advises *Cold Bathing* in all Obstructions of the Nerves, in *Palsies, Tremblings*, loss of Speech and *Taste, Torpors* or *Numbness, Stiffness* and *Weakness* of the *Limbs, Relaxations* and great *Pains, Paraplegias, Hemiplegias, &c.* It prevents the *Gout*, and is highly necessary in all *hypochondriacal* Affections, especially in that Sort, in which he describes, the Stomach

to



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to be affected with Pain and Vomiting of Choler and *Phlegm*, and the Patients after eating complain of *Wind* and *Head-aches*, they have *pricking Pains* in their Limbs, which are also *weak* and *feeble*; they *burn* and have a high Colour in the Face; for the Cure of this Disorder, he mentions *Exercise*, *Purging*, *Vomiting*, and a frequent Use of the *Cold Bath* till the Cause is removed.

*Cælius Aurelianus* (d) approves of *Cold Bathing* for the *Palsy* and *Rheumatism*, Weakness of the *Stomach*, *Jaundice*, *Spleen*, *Obstructions* or *Cachexies*, and also for Pains of the *Head*; he says the Reason is evident, because a *Hemicrania* is a Species of a *Rheumatism*; it cures the *Sciatica*, *Scorbutick* and *Rheumatick* Pains, Pains of the Shoulders and all wandering Pains, it prevents the *Gout*, running *Gout* and scorbutick *Rheumatisms*; he gives us the Practice of *Soranus* (e) who prescribed the *Cold Bath* in many Cases.

(d) An *African* of *Sicca* (a Town in *Numidia*) and lived about *Galen's* Time, or rather later. He acknowledged that what he wrote, was a Translation of *Soranus*; he has given a large Account of the *Methodists*, as well as the Principles and Practices of a great many ancient Physicians, whose Works are in a great Measure lost.

(e) He lived about *Trajan's* Time.

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*Suetonius (f)* relates the Cure of *Defluxions* by this Practice, which he asserts likewise to prevent all *Inflammations, Pains* and *Effervescencies* of *Humours* on which *Defluxions* depend; recent *Inflammatory Pains* in the Body, and *Pain* of the *Teeth*, receive immediate Relief. It likewise promotes *Urine* and *Perspiration*.

*Paulus Ægineta (g)* commends the Practice of *Bathing*, and advises an exact *Diet* with

(f) He wrote a Collection of choice and curious Matters, briefly related without Digressions, Reflections, or drawing Consequences; it is wrote with a great Air of Sincerity, it plainly discovers, that neither Hope or Fear, Disaffection or Flattery, had any Ascendant over the Author. *Politian* gives us a very honourable Character, and tells us besides the Advantage of his Style, he had shewn himself to have been a Writer of great Industry and Care, and that his Integrity and Freedom were extraordinary. Here are no Signs, says he, of any manner of foul Play, his Pen was not the least governed by Fear, Inclination, or Interest. *Lessius* also commends him for the Purity and Propriety of his Style, for the Brevity and Liveliness of his Conversation, and for the Weight and Signification of the Matter; which in a Word is both serviceable and pleasant, and full of the Learning of Antiquity; there was no Custom, says he, among the *Romans* either publick or private, that are unmentioned by him; it is true he does not enlarge upon these Matters, for that was foreign to his Purpose; he only starts the Game, and shews the Reader which way to pursue it.

(g) A famous *Physician* born at *Engia* or *Egina*, an Island in the *Saronick Bay*, between *Epidaurus* in *Peloponnesus*, and the *Pyreæum* or Port of *Attica* so called, from *Egina* Daughter of *Asopus*. It was formerly a Bishop's See under the *Archbishop* of *Athens*; the Inhabitants of this Place are said to be the first who coined Money.

convenient



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convenient *Exercise* to accompany it. The *Diet* ought not to be too hot, by reason it will breed *acrid Humours*, but to observe a cool Diet whilst we use *Cold Bathing*, and if chill after it, to take a Glass of some cordial Liquor. Moderate Exercise with *Immersion* is also necessary, not only to warm the Body both before and after; but at other times to discuss hot Vapours retained in the Blood.

*Ætius* (b) quoted what *Egineta* wrote, and prescribed *Cold Bathing* for Lassitudes in an ill habit of Body; it is of Service, he says, in Stoppages of the Nose, and Loss of Smelling, and if used constantly prevents too great Perspiration. He likewise takes notice, that most E-

(b) Was of *Amadia*, in *Mesopotamia*, and brought up at *Alexandria*. He lived about the 4th Century, was a great Traveller, and had Opportunities of seeing much Practice in different Countries. His Descriptions of Distemper, are short and full, yet shewing the different Methods of the *Antients*. It appears by his Writings, that he practised *Surgery*, his sixth Book mentions most of the manual Operations; he was a good Practitioner in general, but very tedious as to the Use of Remedies in the Gout (i). In his fourth Book he treats largely of external Applications to Wounds, Ulcers, &c. The *Arabians* esteemed him a great Proficient in Midwifery, and take much Notice of his Writing upon the Disorders incident to pregnant Women. He greatly admired external Applications; and was the first of all the *Greek Physicians* amongst the Christians that gave any Account of the *Spells* and *Charms* so much in Vogue amongst the *Egyptians*.

(i) Vid. Dr. *Freind's History of Physick*, Vol. I. p. 15.

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vacuations, depend upon Effervescencies and Defluxions of Humours.

*Mercurialis* (k) cured himself of the Stone in his Kidneys by *Cold Bathing*; and recommended it afterwards for a certain Cure in the *Furor Uterinus*.

*Pliny* (l) in many Places takes notice, that *Cold Baths* were much used by the Antients in

(k) Was born at *Flori* in *Italy* in the 16th Century. He was esteemed an excellent Physician, and a general Scholar. His Writings are six Books, *de Arte Gymnasticâ*, which gained him great Reputation; his other Works are also of his Profession, &c.

(l) *Pliny Secundus the Elder*, was born at *Verona*, and lived in the first Age, in the Time of *Vespasian*, and *Titus*: His Merit gained him the Favour of those Princes. He was the greatest Naturalist among all the Antients; who notwithstanding his Employments as a *Courtier*, found Time to compose his *Natural History*, which we have in 37 Books; it is thought to be the most learned History in its Kind of any in the World; tho' 'tis allowed to contain many erroneous things, which were affirmed for Truth upon the Relation of others. He likewise wrote the History of *Nero*, and the Life of *Pomponius Secundus*, the Wars of *Germany*, and many other Things that are now lost. The Eruption of Mount *Vesuvius* proved fatal to him; for it is affirmed that in the Year 79 the Fire was so great, that after having ruined several Cities, and a vast Tract of Land, the Ashes and Fire were carried by the Wind as far as *Rome*, and over the Sea to *Africa*, *Syria*, and *Egypt*; some of the antient adjacent Cities were covered with Ashes and Stones: This *Historian*, who then governed and commanded the *Armada* of *Misenus*, being over curious to find out the Cause of this intestine Fire, approached so near, that he was suffocated with the Smoke and Ashes before he was sixty Years of Age.



all *Nervous Cases*. He farther observes, that in his Time there were many natural Springs found to be very hot, yet had no medicinal Properties. He tells us, that People used to take a Pride in *Warm Bathing*, and continued in the *Baths* for many Hours together.

*Baccius (m)* commends *Cold Bathing* in narcotick Poisons, in the Poison of the Juice of Mandrake, and many others that have an opiate Faculty: He asserts the use of *Bathing* in all Kind of *Distractions*, and highly commends temperate *Baths*, not only in common *Deliria*, but even assures us that *Dæmoniaci*, *Phanatici*, *Lycanthropi* themselves &c. are frequently cur'd.\*

*Eliau* affirms that wild Pigs will be vehemently convulsed by eating of *Hen-bane*, but by going into cold Water and drinking of it, they soon recover. From hence we may learn the Use of *Bathing* in *Narcotick Poisons* and sleepy Diseases.

*Prosper Alpinus (n)* takes notice that the E-

(m) Was an able Physician in the 16th Century, and the Author of several valuable Books, 1st, *De Theriac*, 2d, *De Naturali Ninorum Historia*. 3d, *De Venenis & Antidotis*. 4th, *De Gummis & Lapidibus Pretiosis &c.*

\* Vid. Dr. Mead upon Poisons, p. 103.

(n) A learned Physician who lived in 1591 and wrote many curious Treatises of Physick, Plants, &c.

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*gyptians* perfectly recover all melancholy Persons by the Use of tepid *Baths*.

*Trallianus* greatly esteemed *Cold Immersion* in all *Melancholy* Cases, which often terminate in unruly *Ravings*, and are sometimes incurable: He observes there are more Sorts of this Distemper than of any one Distemper whatever. It is the Opinion of many of the Learned, that *Melancholy Madness* or *Maniacism* with most of their Attendants, may in all Probability find greater Relief from the Use of *Cold Bathing*, than by such violent Methods as are generally us'd in these unhappy Circumstances. For if continuing them naked upon Straw appears to be of Service, there is no reason to doubt but *Cold Immersion* will contribute some Relief, if not free them entirely from such terrible Symptoms, which in these Cases proceed from a continual Inflammation of that general Organ of Sensation the Brain.

*Tertullian* (o) most wonderfully approves of

(o) A *Carthaginian* in the 3d Age, was an *African* descended of a noble Family of *Carthage*, his Understanding was furnished with all the Ornaments and Advantages of human Learning; was ignorant of nothing that the several Sects of Philosophers held. He wrote several Things with so much *Eloquence*, *Reasoning*, and convincing Proofs, as was observed by *Vincentius Lirinensis*, that every Word seems a Sentence, and every Sentence a Victory.

*Cold*



*Cold Bathing* in an *Hyponchondriack Melancholy*.

*Sanctorius* (p) observes that *Melancholy* is overcome by a free Perspiration, and that Chearfulness (q) without any evident Cause, proceeds from Perspiration succeeding well.

*Celsus* (r) advises *Cold Baths* as the only Remedy in the Madness called *Hydrophobia*; and farther assures us that it is a true Specifick for all *Maniacks*; and as Bathing acts the Part of a Diuretick, Plunging over Head in a *Cold Bath* does more Good in the Cure from the

(p) Vid. *Aphor.* 17th Sect. 7th.

(q) Vid. *Aphor.* 23d Sect. 7th.

(r) A *Roman Physician* who lived in the Reign of *Tiberius*, and *Augustus*, and is commended by *Quintilian*. He was a Man of universal Learning, and was said to be the most eloquent of all the *Latin Physicians*. His *Stile* may be looked upon as the Standard of *Roman Eloquence*. His two great Favourites in *Physick* were *Hippocrates* and *Asclepiades*; the former of which he was so conversant with, and took so much from, that he was often called the *Latin Hippocrates*. He chose to imitate *Asclepiades* in other Parts of *Physick*, especially that which relates to Exercise; and often quotes him as a good and rational *Physician*: He was such an Admirer of him and his Disciples as to be thought by some to be a *Methodist*; notwithstanding he kept clear of all Parties, preferring Liberty of Opinion to all other Advantages. He was always esteemed a compleat *Physician*, and an excellent *Surgeon* by the best Judges. He wrote several Books both in *Surgery* and *Physick*, some of which are still remaining, there are several Editions of them; the last was printed at *Amsterdam* in 1687 with the Notes of several learned Persons &c.

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Bite of a *mad Dog* and *Melancholy* than almost any thing whatever. He commends *Bathing* for the Jaundice in Summer, and takes notice how much this Practice promotes the Secretions of Humours thro' the Glands. He reckons it a Specifick in the Cure of the Rickets \* and Convulsions in Children; all *Hemorrhages*, whether from the Intestines, Nose, or *Uterus* are not only cured, but their Return prevented. Nothing contributes more towards the Cure of Impotency, than *Cold Bathing*, and in all Infirmities of the Brain it has a general good Effect. He particularly recommends the Use of *Bathing* against rainy Seasons, to cure Pains of the *Limbs*, and Stupidity of the Spirits, occasioned before Rain.

*Agathinus* observes that *Cold Bathing* procures Rest, therefore it is very material in curing all Sorts of Madness, wherein Rest is wanting. This Author is quoted by *Oribasius*, Physician to the *Apostate* Emperor, wherein he instances the frequent Use of it himself, and recommends it to the World as a most wholesome and salubrious Practice.

Dr. *Mead* in his excellent mechanical Account of *Poisons* asserts, that *Melancholy* as well as *Hydrophobias*, and *Maniacks*, were formerly

\* Vid. Sir *John Floyer's* Letter to the Author.



cured by *Cold Bathing*. He says that frequent *submerging* the Patient, is the greatest and surest Cure of all. He gives us Quotations from *Baron Van Helmont* (s) and others, the former having in his own Country found great Service by this Practice, and has set down at large the Manner of the Operation, and consonant to the Principles of his own Philosophy, shewn the Reason of its good Effects:

*Paulus* (t) advises *Bathing* for *Dimness* of

(s) *John Baptista Van*, or *Ab Helmont*, was born at *Brussels* in the Year 1557, thirty six Years after the Death of *Paracelsus*. He was descended of a noble Family, which took its Name from a little Village called *Helmont*, in the Neighbourhood and District of *Sylva Ducis*, or *Bois le Duc*. He was a Man of great Learning, especially in *Physick* and natural *Philosophy*; he was sober and regular in his way of Living, of a firm Body and healthful Constitution. His way of Writing is very entertaining, and his Stile, tho' not always pure *Roman*, yet seems to be elegant. He performed such wonderful Things, as occasioned him to be put in the *Inquisition*, as a Man that did Things beyond the Reach of Nature; he afterwards cleared himself and retired into *Holland*. When he perceived Death drawing nigh him, he called his Son *Fran. Mercury ab Helmont*, and gave him the following Charge: "Take all my Writings, the crude as well as the finished, and join them together; to your Care I commit them, do with them what you think proper, for so it has pleased *Almighty God*, who directs every thing to the best Purposes:" He died in 1644.

(t) Was the last of the *Greek Physicians*; he lived in the seventh Century and studied at *Alexandria* before *Amrou* plundered it. *Alexander* was his favourite Author, from whom he transcribes a great deal, and in his Descriptions is short and full.

Sight,

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Sight, which depends upon a Defluxion of the *Nerves*; and if the Eyes be opened in the Water, he says, they will be considerably strengthened thereby. We read that *Cælius* blamed *Diocles* for recommending the *Cold Bath* in an Ulcer of the Lungs: The latter observed, that although the Ulcer could not be cured thereby, yet the Hectic might be helped in some Measure. The *Bathing* would prevent the *Imposthumations* and *Tumours* which precede the Phthisick.

*Galen* (v) prescribed *Cold Bathing* for *Hectics*,

(v) Was born in *Adrian's* Time in the Year 131 at *Pergamus* a City of *Asia*. He was the Son of a learned rich Architect, who spared for no Pains or Cost for his Son's Education. When he was about seventeen (as he himself says) by virtue of a Dream his Thoughts were turned to *Physick*, and became a most excellent *Physician*. He flourished in the Reign of *Claudian*, and having learned what he could at *Alexandria*, he went to *Rome*, where he wrote much. From thence returning into *Asia*, he was recalled by the Emperor *Verus* and *Antoninus*: After whose Death he returned into his own Country; where by Temperance he prolonged his Life to a good old Age. He was thought to be the best Scholar as well as the greatest *Physician* then living, as appears by his Works, which are very learned and numerous; he wrote above five hundred Books in *Physick* only, and about half as many more in other Sciences; A great many of them were burnt in the Temple of Peace, as appears by his Commentaries upon his own Works number'd by *Cardan* amongst the twelve most subtile Wits in the World: In *Physick* he did Wonders, and was the greatest Restorer of the *Hippocratick* System in opposition to the *Methodists* who till that Time had kept their Ground remarkably; all the Sects were then subsisting viz. the *Dogmatists*,



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*tics, Ephimeras and Putrid Fevers* where no Inflammation of the *Viscera*; he takes notice that *Immersion* gives Appetite, helps Concotion, and extinguishes Thirst. Men may use Exercise the Day after *Bathing* much better, the Body being more compleat, more muscular, and more lively.

Sir John Floyer advises *Cold Bathing* in Weakness of the *Muscles*, Coagulations of the Blood, in Blackness from *Contusions, Falls, Blows, &c.* It prevents catching of Colds, and is of Service in the *Fluor Albus, Edematous Swellings, Catamenia* obstructed, in *Deafness, Letbargies, Faintings, Gripes, Vomiting, Cramps, Belchings, Mala Stamina, King's Evil, Recent Gonorrhœas, Incontinency of Urine, and Stool, the Distortion of the Mouth, Chorea Sancti Viti, Weakness of the Nerves,*

*Dogmatists, the Empiricks, the Methodists, the Epyssintheticks, the Eclecticks, and Pneumaticks.* He was forced to leave Rome upon an Accusation that he cured by Magick, because he had sometimes the good Fortune to stop dangerous Defluxions by Bleeding, and curing the falling Sickness. At this Time the *Methodists* were most in Vogue. In his Practice he was much influenced by two *Maxims*; the one was, that a Disease ought to be cured by Contraries; and that Nature ought to be preserved by something similar to its self. He had a great Opinion of *Hippocrates*, and the chief Difference of their Practice was, one was founded chiefly upon Experience and Observation, the other upon Reasoning. It is said he died at the Age of 70.

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malignant Ulcers, Dysury, Vertigo, Incubus or Night-Mare, Excoriations, Tertian and Quartan Agues; it prevents Fevers, strengthens thin Bodies, gives Appetite and Digestion, also prevents Hereditary Diseases.

Dr. Baynard enumerates many remarkable Cures in Palsies, when the recurrent Nerves and Muscles of the Tongue have been seized even to an Aphony or total Loss of Speech; and others of long Continuance have been instantly recovered by Immersion. It is a singular Remedy to prevent Abortion, and to cure Barrenness if us'd towards Evening after the Dinner is well digested; but in some of the Sex to lose a little Blood a few Days before is necessary. He instances a Suppression or long Retention of Urine, relieved by a total Immersion; and thinks there can be no better Method to prevent Epidemical Fevers by hardening the Skin against Change of Weather. It strengthens the Stomach and prevents breeding Cacochymies; and when the Spirits are over rarified or tumultuous in their Motions, they are hereby cooled and made fitter for rational Operations. The Muscles are made more strong, compact and vigorous in all the Exercises we use, whereby Health is much preserved. To all these Advantages in Cold Bathing he adds, that the Coldness of the Bath contracts the nervous



vous Fibres, and thereby strengthens their Motion and hinders Laxity, and the Evacuations of Humours, which would prejudice our Healths.

Sir *John Floyer* further takes Notice, that if *Cold Baths* had no other Effects than helping our Digestion, and making the Body more strong and vigorous in its Exercise; that would be sufficient to prove their Usefulness for the Preservation of Health. But he tells us their Effects are more considerable in strengthening the Tone of the Solids, and preserving the *Crafsis* and Motion of the Fluids; and its Effects reach the very Soul of the *Animal*, rendering it more lively and brisk in all its Operations; we preserve thereby that *Divinae Particulam Auræ* in its full Lustre; as our *Noctiluca's* are kept in Water. Life consists in Union of the Soul, with the animal Spirits, which are longest preserved by a cold *Regimen*, but soon dissipated by a hot, otherwise made too *elastic*, *windy* and irregular in their Motions by too much Heat, and Rarifications; and this Error of the Spirits is best corrected by *Cold Bathing*. In another Place he says, that *Cold Bathing* must likewise have a great Effect upon the Heart as well as all the other Muscles, and that it strengthens its Fibres, and invigorates its Motion by compressing the animal Spirits

1001

E 2 which

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which agitates its muscular Fibres, by causing a greater *Tension* and *Contraction* of the Fibres themselves, and by exciting the Motion of the Heart, when the Humours make an Effervescence, after the Compression by the *Cold Bath*; for tho' during the immersing into it, the Pulse seems to stop, and the Motion of the Heart is slower, yet after that, for some time, the Muscles work faster, and the whole Body is hotter; and as the Muscles of the Heart become stronger by *Cold Bathing*, the old Fæces of the Blood, viz. The *Choler*, *Bilis Arta*, the *Slime*, salt *Serum*, and the *Aerial Gas*, are better performed, on which our Healths very much depend.

Some Persons complain of flying Pains in the Muscles, which occasion a great Inability to Motion; this Disorder we are told by Dr. *Dover* \* is occasioned by Wind blowing up the Muscles beyond their due Tension, in which Case they will receive Benefit, not only by the Coldness of the *Bath*, but more from the Weight of the Water, which presses the Muscles into their due Places, and instantly renders the Patient fitter for Motion. This Method I presume is rather more agreeable than the Practice in some Parts of *Asia*, where as

\* Antient Physician's Legacy, p. 86.



soon as any one complains of flying Pains in their *Muscles* and *Bones*, their Friends immediately throw them on the Ground, and kneel upon them, at length by pressing their *Muscles* they are sensible of Relief.

Dr. *Baynard* has ingeniously accounted for the Phænomena of *Cold Bathing*, by Concentration, Pressure, and Contraction; by its giving a new Motion to all the Spirits, both from its *Frigidity* and *Pressure*, therefore in Course must be one of the greatest Alteratives in Nature.

It's allowed by the Physicians both antient and modern, that in all nervous Cases, nothing can exceed *Cold Bathing*; my own Experience has often confirmed this Observation in a great Number of Cases, some of which will appear hereafter. I have made it my Observation, that such *Invalids* as have luckily escaped the Use of violent hot Embrocations, have been soonest relieved by *Cold Bathing*.

From the preceding Quotations the Reader may observe that *Cold Bathing* was generally recommended by the wisest of the *Antients*; and is at this time thought a necessary Assistant to the Practice of Physick, by the present judicious Moderns.

The learned Dr. *Morgan*, in his *Mechanical Practice of Physick*, has wrote largely upon  
E 3 Children's

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Children's Diseases in general, and assures us that nothing can be so well adapted, or can have a more certain, necessary, or mechanical Effect than *Cold Bathing*; the Reasons are so very plain and obvious there can be no Objection made against this Practice, but what must proceed either from an injudicious Indulgence, or popular Prejudice; and in the Cure of the *Rickets*, he advises, with the Use of proper internal Remedies, to subjoin *Cold Bathing*, without which no compleat or perfect Cure can be made, and this alone may better be depended upon for the whole Cure, than all the Methods in the World without it; the Reason of this is so evident from the Nature of the thing itself, and Truth in Fact, so well grounded upon Experience, that it would be needless to enlarge farther about it. Constant *Bathing* every Morning would soon bring the Solids to such a Degree of Strength and Firmness, as to bear the Air with a very moderate Covering, and the Strength and Elasticity of the Solids being increased, the Secretions will for the most Part go on in a natural way, and a few easy *Remedies* will be sufficient to keep up and carry on, the several Offices and Functions of Nature.

'Tis an absurd Humour in some Patients (that I have often met with) to expect *Cold Bathing* should



should instantly cure all Cases; some of which may probably in their own Nature be *incurable*; in such miserable Circumstances, it would be the greatest Prudence to be perfectly easy with that Measure of Health, the original Frame will admit of; for the *Bath* is not expected to work Impossibilities. It is surprising that any Person should imagine that in a small Time, any possible Methods should cure or even sensibly relieve a Distemper that perhaps was brought with them into the World; or may be so greatly complicated as to be a Work of Time, and require the utmost Care and Diligence of a *Physician* to eradicate. In such Cases *Cold Bathing* alone must not be absolutely depended upon; for there is no such thing in Nature as an universal Remedy (whatever Applauses may have been given to a certain *deleterious* Composition lately published by an impudent tho' a flourishing Empirick) \* for although Remedies be ever so

\* *Hippocrates* justly observed that strong Medicines ought only to be given to strong Bodies, and that we can never expect to overcome the strong Qualities in any Medicine by giving it in lesser Doses, to weaker Constitutions.

Vid. *Rhazes's* Description of a good Physician and a Quack in the IId Vol. of Dr. *Freind's* History of Physick, pag. 60, 69.

Vid. *M. Dionis* of Chirurgical Operations from pag. 435 to 440 printed last Year.

good, they can't have a certain Effect upon our Constitutions, unless applied in proper Circumstances: And as an ingenious Author expresses himself, " Diseases for the most part are occasioned by the Blood or Solids offending in Quantity, Quality, or Motion; their Excesses, and Deficiencies; their Species and Properties; Quickness, or Slowness, the Sensibility, or Insensibility," should immediately come under the Inspection of the learned Faculty; whose impartial Justice, Honour, and Integrity, render them shining Ornaments to their Profession. Therefore it is highly reasonable, and I always thought it my indispensable Duty, earnestly to entreat all such Persons as have recourse to *Cold Bathing*, not to be their own Conductors, for many obvious Reasons that will be considered hereafter: But first to consult some of the regular *Physicians*, whose acquired Abilities from one of our illustrious Fountains of Literature are so universally proclaimed. Such are the only true *Guardians of Health*, and ought always to be esteemed the best Judges of our Constitutions, and the Nature of the Diseases we labour under. They are perfectly well acquainted with the Laws of Nature, and the most proper Time and Use of *Cold Immersion*; how long we ought to stay in the *Bath*; the Number of Times with



with the Intervals between that we ought to use it; the necessary Preparations for it, and what ought to be done after it. For it's essentially necessary in the Cure of Diseases, to be thoroughly acquainted with the Nature of them; without this Knowledge no Good is to be done; on the contrary much Harm may probably ensue from Practitioners mistaking the Patient's Case, which is easily discovered in some, and in others very difficult to be understood; from the Affinity and Resemblance there is between different Diseases; which though often attended with the same Symptoms, yet proceed from different Causes, and undoubtedly require various Methods of Cure.

I hope this will be maturely considered by all who expect Success in *Cold Bathing*; they will soon find the Advantages that must consequently attend the regular Practice, more especially after Preparations antecedent are prescribed.

P. S. I have purposely omitted giving my own Sentiments in Cases, for which *Cold Baths* are applicable, rather than to intail upon myself any unjust Suspicion from the Reader; for that Reason only, this Chapter is composed chiefly of Quotations; believing, that a Collection from so many celebrated Authors, will admit of no Dispute, and may be thought sufficient to convince the most opinionated of the Usefulness and Safety of this Practice. Though I am inclined to think that it is very difficult, and must be a Work of Time, to give some People Reason for what they are resolved never to believe.

## C H A P. IV.

*Cautions and Preparations antecedent to Cold Bathing.*

**A**S *Cold Bathing* was much used in *Galen's* Time, he thought proper to assign such Bounds as should not be exceeded in this Practice. If, says he, "the Persons *Bathing*,  
 " and coming out of the Water, become soon  
 " higher coloured by Friction, or Chafing \*,  
 " it is a Sign they have staid in a moderate  
 " Space; but if their Colour is long a coming,  
 " and returns slowly by this Exercise, they  
 " have staid in too long; therefore we may  
 " learn the Measure of *Bathing* by the Skin."

The Learned, both *ancient* and *modern*, have undoubtedly well considered the Nature of Perspiration, by judging the Morning most agreeable for *Cold Bathing*. For in the Time of sleep Nature is industriously employed in the Offices of Concoction and throwing off the

\* Rubbing or chafing the Body with a coarse Cloth or Flesh-brush is called a *cutaneous Exercise*, and was of universal Request amongst the Ancients; and is to this Time allowed to be of great Service, to dislodge any obstructed Humours, and to promote a due Circulation of the included Juices. The great Advantages arising from this Practice, the Reader may find at large in *Dr. Fuller's Medicina Gymnastica*. *Cornelius Celsus* has also wrote a large Chapter upon this Head.



recrementitious Part by Perspiration, whereby is evacuated such hot Particles as are produced from the Fermentation of the *Chyle*, and Effervescence of the Blood. The Head is then most serene and clear, and the Spirits have more Room to act and concentrate; for upon *immersing* the Pressure and Coldness is taken off by their elastic Power forcing through the obstructed Nerves, provided they are not made rigid by staying in too long. It is evident that the *Cold Bath* at first contracts with great Force and Velocity, but if Patients will be deaf to Reason, and imprudently exceed the Limits of *Bathing*, our Bodies will be rendered more unactive, and the whole System of the Nerves become so rigid and stiff, as to lose their Elasticity; whereby the animal Functions must be greatly impair'd, and the Benefit of *Bathing* lost.

It may not be amiss to apprize the Reader, that the Cautions recommended in this Chapter are of no small Consequence to the Patient. For upon such Observations depend all the good or bad Success that must necessarily ensue upon *Cold Bathing*.

I have taken the Liberty to introduce the usual Method of Practice, humbly conceiving it will not be thought infringing upon the *Physician's* Prerogative; for no Man has their Interest

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terest more at Heart, or pays a greater Regard to those *Adepts* in Learning than myself.

The Preparations antecedent to *Cold Bathing*, I am well assured cannot be so properly adapted as when the Patient's Case is inspected by some able *Physician* \*; but it is allowed when *Cold Bathing* is indicated, that Evacuations in some sort are absolutely necessary before *Immersion*; as Bleeding, Purging, or Vomiting, and with the Use of the *Bath* proper Remedies ought to be administred, as the Nature of the Disease requires. Otherwise upon every fresh Effervescence of Humours, the same Case may return upon us again and thereby become *chronical*. Such Diseases we find have no determined Crisis to discover their Height or Declination, they insensibly attack the Constitution, and for the most Part are interwoven with the Principles of Life before any Danger is apprehended.

In these and such like Circumstances, we ought with the utmost Care and Diligence immediately to consult the *graduate* Physician, whose superior Judgment, and steadfast Conduct in weighty Affairs, makes them the Instrument of so much Good to Mankind.

It is very necessary upon going into the *Cold Bath*, that the Patient should with the greatest

\* Ecclesiasticus Chap. xxxviii.



Expedition plunge himself over Head, otherwise he may be subject to the Head-ach; for there being the least Resistance to the circulating Blood in the Head, which is (in this Case) pressed upon only by the Weight of *Air*, it will be determined so plentifully thither as to distend the Vessels spread upon the *Meninges* beyond their usual Tone, and thereby cause a painful Sensation. This Difficulty I laboured under myself at the first Use of my own *Cold Bath*; and have since observed it in others, and I am inclined to believe, that if the whole Surface of the Body has not equal Benefit of the *Cold* and Pressure of the Water, that the Blood and Spirits cannot be driven from the Circumference to the Centre with a Rapidity sufficient upon their Return to break through the obstructed Passages; which shews the absolute Necessity of a total Immersion.

Observe never to enter the *Cold Bath*, when sweating or hot above the common Standard.

Not to continue in the *Bath* too long, especially the first Time, but to go out immediately after immersing the whole Body.

To stay no longer at any Time than it can be born with Pleasure; immoderate and irregular Use does not agree with its contracting Power.

It must always be observed in *Cold Bathing* that the Patient's Constitution or *Viscera* be

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not too much worn out or decayed. For then such an universal Quickening the Vibrations of the solid Parts, will throw a greater Quantity of Blood on the Bowels than can be admitted in such a State of Decay.

The usual Custom for *Bathing* is in the Summer Season, but if Necessity requires, it may with equal Safety be used at any Time of the Year.

Some few *Immersions* in the warm Bath after previous Evacuations is an excellent Preparative for *Cold Bathing*.

When *Bathing* is prescribed for the *Rickets*, *Palsies*, and many other nervous Distempers from Obstructions, sweating is sometimes necessary after it. But if it is used only for the Preservation of Health, or to invigorate the animal Spirits, or in Windiness or Sickness of Blood and Humours sweating is better omitted.

Bathe every Day, or every other Day, as the Disease requires, or the studious and attentive Physician thinks needful.

Be always careful not to bathe upon a full Stomach or after hard Drinking.

To say justly how long each Distemper will require *Cold Bathing*, would be a difficult Task; for in some Cases, neither *Cold Bathing*, or the noblest Remedies, or any Thing whatever can be supposed to produce a momentaneous



Change. And such Infirmities of human Nature as have been a long Time coming upon the Constitution, we may reasonably conclude must regularly and leisurely go off. No grand Purpose of Life was ever brought about without Time and Patience; and *with* these the noblest Designs in Medicine may be answered, especially in obstinate *chronical* Cases, and such as have baffled the wisest Endeavours.

At the first reviving of this ancient Custom, People upon all Occasions inadvertently attempted *Bathing* without any previous Ceremony, which Indiscretion brought a sort of Disgrace upon this excellent Practice.

Others thought that no Disease could withstand the Force of *Bathing*, and being out of Hopes of Recovery by other Means, ventured upon it at all Hazards; sometimes they might possibly be too hot by Exercise, or spontaneous Sweats, which Sweats are often critical; and to check a *Crisis* when Nature is endeavouring to throw off the morbidick Matter, must prove of bad Consequence, and ought to be considered with great Circumspection.

It remains now to subjoin some necessary Cautions against the Abuses of Physick in general; which (though a Digression) I hope will be acceptable, and prove a sufficient Inducement to guard against them.

There

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There is something in every Person's Constitution that requires particular Consideration: Distempers in their Infancy as they give but little Trouble and Uneasiness, are therefore little regarded, and suffered to go on and gain Ground, till by length of Time and evil Habits they are grown inveterate, and perfectly rivetted in the Constitution to the imminent Danger of Life.

To extricate a Person from such Difficulties, and retrieve him as it were from the Grave or Destruction has something in it truly laudable, and is indisputably as great an Honour to the *Physician* as of Importance to the Patient. I am well assured there can be no greater Satisfaction to those Gentlemen, than to be early applied to; they have then a fair Opportunity to obviate such fatal Symptoms as too often rage with Violence before Advice is demanded. I can truly say I have known many a promising Case made desperate by the *Avarice*, Indolence, or least ways *Misconduct* in some Persons whose small Regard to their Health or even Life itself, would not admit of a *Physician* till the great Danger of the Distemper made his Presence necessary, (though probably too late) and however the impending Symptoms in themselves appear to be, such is the unhappy and precarious Disposition of many

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ny Patients, that if one single Prescription should not answer all Purposes, the *Physician* is immediately rejected, and his Remedies despised in order for a more fashionable *Exit* under the Hands of some favourite *Empirick* \*; and this in my Opinion comes but little short of *Suicide*.

Physick when judiciously administer'd, we ought to consider as necessary as Food. It is one of the greatest Blessings that Providence has been pleased to confer upon us for the Relief of such Afflictions as our frail Nature is subject to; for what avails all the Honours and Glory of the World, to a Patient languishing under the most direful Symptoms of a Disease? they cannot create him the least Satisfaction; Pains and Afflictions are as intolerable to the most dignified, as to the meanest Subject.

The particular Causes and the various Alterations and Changes in human Bodies under a

\* Dr. Fuller in his Preface to the *Pharmacopœia Extemporanea* takes Notice, that it is not the best Collection of Receipts that ever was, will, or can be wrote, or printed, that can alone make a complete Physician, any more than good Pencils or Colours alone can make a good Painter. And *The present State of England* will inform them, that by the Law of England if one who is no Physician, or Surgeon, or not expressly allowed to practise, shall take upon him a Cure, and the Patient die under his Hands, *this is Felony* in the Person presuming so to do.

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State of Health or Diseases, is a Scrutiny I shall not attempt; such Speculations are the proper and distinct Province of the *Physician*, whose Business and Practice it is, to relieve the Infirmities and Miseries of human Nature under the most pressing and difficult Circumstances.

*Æsculapius* was deified on this Account, and divine Honours were paid to his Family for some Ages after, as the best Benefactors to Mankind; they being of Opinion the greatest Blessings bestowed upon them was Freedom from Diseases and Pain.

“ There is no Profession so much abused as  
 “ that of Physick \*, nor is there any Na-  
 “ tion whatsoever so stupid, to give Encou-  
 “ ragement to every idle Pretender to Physick  
 “ as *England*. Should any Enthusiast fancy  
 “ himself gifted, and dare to mount a Pulpit,  
 “ in order to communicate his Knowledge to  
 “ the Populace; the Clergy immediately stand  
 “ upon their Guard, take due Care to oppose  
 “ the bold Attempt, and speedily suppress the  
 “ presumptuous Invader of their Rights. The  
 “ Gentlemen of the long Robe are likewise  
 “ under proper Restrictions, and none can be  
 “ admitted to the Bar, but by a just Observ-

\* Vide Remarks upon the *Febrifug. Mag.* by Dr. Gard-  
 ner.



“ance of the Circumstances previously necessary for the obtaining of such an Honour. It is Physick alone that is invaded by all, and even vilified by the Ignorance of the Pretenders to it. Though all acknowledge that Life and Health are the most valuable Blessings, yet these very Advantages affect the Regard of the People of this Nation the least.”

The Dignity of Physick for many Ages was held inviolably sacred, and is superior to all other Arts or Sciences in the World (Divinity only excepted). Time was when it was thought so difficult and important, that none but Gentlemen of the greatest *Sagacity, Learning, and Humanity* were permitted to manage it; and upon this Account the *College of Physicians* was erected; and as it is conversant about Objects of the highest Importance to Mankind in the whole Circle of human Knowledge; *Kings and Princes* thought it no Disgrace to their *Regalia*, to condescend to the Practice as well as the Study of this divine Art! But how to restore it to its primitive Lustre claims our particular Regard. In order to so valuable an End *Empiricism* ought first to be suppressed, for every *Scoundrel* (according to his pretended Wisdom and extensive Charity) has the Privilege to crowd his infallible *Nostrums* into the

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publick Papers without any Molestation; and it is too evident, that this has been shamefully encouraged by Men of Figure and Fortune, and should therefore be guarded against with the greater Zeal. For should this *wicked Practice* be farther countenanced, the Foundation of the Art of Healing will be subverted, and no Difference made betwixt the *graduate* Physician, and the most ignorant *Nostrum Monger*. And what would be still more fatal, the Constitutions of Mankind in general would be inevitably destroyed by these sordid Wretches, who by their *Ignis fatuus* bully poor Mortals into a Belief of Impossibilities, and by their ungovernable *Impudence*, venture at every thing and stick at nothing. No Practitioner, tho' of the highest Abilities and Honour, escape their mean and idle Censure; but are notoriously *traduced, aspersed and vilified*. They are ever proclaiming their own great Cures, which in Fact are no otherwise than entailing upon the Patient such a Train of Distempers, as must unavoidably bring on that fatal Minute which puts a ~~fatal~~ <sup>\*</sup>Period to all our Troubles. It is observable that the same Remedy that shall *kill* one Man in the Hands of a Blockhead, may save another under the Care of a judicious Practitioner: For the Justness and Success in Practice, arises from proportioning the Dose

\* *final*

of



of the Medicine to the several Degrees of the Disease, which Circumstance is of the greatest Importance in Physick. I would therefore earnestly entreat and charitably hope that all Christian People, whatever Indispositions they labour under, may be guarded against those inconsiderate *Multitude*, *audacious Usurpers*, and *vilest of Impostures*. They are no less than *national Grievances* and *insupportable Calamities*; their *Ignorance* and *Knavery* are daily and hourly discovered, which is shocking to all compassionate People. One would admire that Persons should be thus infatuated to their own Destruction! It is strange that neither Precept nor Example can prevail upon them to prefer Reason to Humour, and carefully to inspect into the Consequence of this sort of Conduct; more especially at a Time when such an epidemical Madness reigns predominant, and seems to have overspread the *Kingdom* in general! How deplorable is it that for a trifling Sum of Money a Person † shall be as much intitled to practise in every Branch of *Physick* and *Surgery*, as if he had passed several Examinations before the whole College of *Physicians*; and these *Miscreants* too screened from the Punishment due to their repeated *Murders*,

† An impudent illiterate Quack.

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by those who should be the chief Defenders of Christianity. Such indirect Practices cannot but move Compassion from the common Principles of Reason and Humanity. The more I reflect upon the irreparable Injuries committed by these licensed *Homicides*, the more I am confirmed, that it is a Duty incumbent upon all well-disposed Persons to exert themselves in Defence of Posterity.

The Preservation of the Health of the Publick is of too great Concern to be so far neglected as not to engage us to offer something to oppose *that*, which has a direct Tendency to the Destruction of the human Race. And I hope there is not wanting a Number of my Brethren \* who will readily and vigorously concur to promote the Honour and Practice of *Physick* and *Surgery* in its proper Chan-

\* I would here be understood to address myself to such Persons only, whose regular Education and assiduous Industry in *Pharmacy* or *Surgery* have qualified them for the Service of the Publick; for (exclusive of the regular Physician) none else have any Claim, or ought to be admitted in that tender and nice Concern of Health and Life. I have the Pleasure to know many of the *Fraternity*, that are Persons of great Honour, Judgment and Humanity; who from the first Rudiments of Knowledge, always detested an ill Action, as much as the former would a good one. I shall make no Scruple to affirm, that if such Proficients were encouraged according to Merit, it would be a peculiar Happiness to Mankind in general, more especially to *Valetudinarians* who have so long laboured under the Tyranny of Male-practice.

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nels, and to put a helping Hand to the reclaiming such incorrigible Profligates.

I cannot omit to mention, the Candour and Goodness of the learned and ingenious Dr. *Clifton*, who has industriously proposed a Method for eradicating these Abuses; but as I have already trespassed so far by this Digression, I shall refer the Reader to the Author himself \*, where may be found many excellent Schemes, together with a Plan for the Improvement of Physick. He teaches us a Method that will effectually suppress those idle Pieces that come out from Year to Year, to the Scandal of Physick and Reproach of Physicians. “ If such  
“ ignorant Pretenders were treated as they  
“ ought; the Art would gather Strength and  
“ flourish more and more, and all Contempt  
“ and Ridicule would be quite out of Countenance, nor would the *Gentlemen* of the  
“ Profession meet with so many Slights and  
“ Mortifications as they now do; but would  
“ have the Pleasure to see themselves treated,  
“ with the Respect due to their Character;  
“ while Pretenders of every Kind (who have  
“ now so great a Share of the Business in their  
“ own Hands) would meet with no manner of

\* State of Physick ancient and modern. Variis in Locis.

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“ Encouragement, but dwindle away to nothing.”

I shall conclude this Chapter with some excellent and useful Observations interspers'd in this Author to shew the Business of Physick, and the Duty of Patients; and as they are supported by such good Authority, I hope they will have the greater Influence upon the Minds of the Readers.

He observes, “ It is highly reasonable that  
“ as a *Physician*, who has been at a great Ex-  
“ pence in his Education, and devotes him-  
“ self intirely to the Service of the Publick,  
“ should be *handsomely considered* for his *Ad-*  
“ *vice* and *Care*; so it is equally reasonable  
“ that an *Apothecary*, who has likewise been  
“ at some Expence to learn the Art and My-  
“ stery of his Profession, and is constantly  
“ obliged to give due Attendance, (let the Di-  
“ stance from the Patient be what it will)  
“ should also be *considered* not only for his  
“ *Medicines* but his *Trouble* too, whenever  
“ the Case requires but little Physick.

“ To free a Man from Pain and to save him  
“ from Destruction, is in itself noble and  
“ *God-like*. This is the Business of Physick;  
“ and this it will often do, where it is well  
“ understood, and judiciously applied; pro-  
“ vided the Patient is at the same Time con-  
“ formable



“ formable to the Directions of his *Physician*,  
“ but not else. For if the *Physician* takes ne-  
“ ver so much Care on his Part, and the *A-*  
“ *pothecary* sends in the best Remedies that  
“ can be prepared, the Patient may easily  
“ spoil all by his own bad Management; and  
“ yet (which is very hard) neither the *Physi-*  
“ *cian* nor *Apothecary* shall escape Censure in  
“ this Case; it were therefore to be wished  
“ that every Patient would endeavour to get  
“ the better of unreasonable Objections, and  
“ resolve to conform to his *Physician*’s Directi-  
“ ons, or else not to send for him. This would  
“ certainly be the Case, if private Persons could  
“ be sensible of the Uneasiness that *Physicians*  
“ and *Apothecaries* often feel, when a pro-  
“ mising Case is made desperate, (a Thing that  
“ frequently happens) merely by the Froward-  
“ ness and Mismanagement of the Patient; add  
“ to this, that the Character and Reputation  
“ of both Parties suffers sometimes considerably  
“ by it; an Injury that ought never to fall  
“ upon those whose Conduct all along has been  
“ judicious, honest, and unblameable; whereas  
“ by the joint and hearty Concurrence of all  
“ Parties concerned, little Diseases might soon  
“ be cured, and vehement ones subdued in  
“ Time; at least many a one might be pre-  
“ served for the future, who without this Con-

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" currence will be exposed to the utmost Dan-  
 " ger; the Art of Physick, under judicious  
 " Management, being able to work almost  
 " Miracles. No wonder then that the first  
 " Physicians were deified, or those that have  
 " excelled in it since, have always been highly  
 " esteemed. Where there is an intrinsick Ex-  
 " cellence in any Art, (as there certainly is in  
 " Physick) the Professors of it who understand  
 " it well, cannot fail of being much esteemed.  
 " Hippocrates, who is supposed (and with  
 " very good Reason) to have understood it the  
 " best of any Man, has upon this Account  
 " been always allowed to be the *Prince of Phy-*  
 " *sicians*; and no Man has ever pretended to  
 " rival him in it; neither is it any more to be  
 " wondered at, that he should excel in *Phy-*  
 " *sick*, than that *Homer* should excel in *Poetry*,  
 " or *Cicero* in *Oratory*."



## C H A P. V.

*A Specimen of Cures by Cold Bathing.*

I SHALL Introduce this Chapter, with a Case so very remarkable, and would be thought no less than incredible, was not the Veracity of it well attested, and farther confirmed by the ingenious Dr. *Baynard*, whose Patient this Gentleman was, when under such unparallel'd Affliction, as appears by the following Account, taken from a Letter that he himself wrote to Mr. *Montague*.

CASE I. Mr. *Samuel Crew* was seized with a most intolerable Pain on his right *Elbow*, from thence the Pain went into the Insteps of both Feet, thence into his other *Arm*, and the lower Part of his *Back-Bone*, thence into the Nape of his *Neck*; but after it had seized his *Neck*, it spread all over him, not only in his Joints but Flesh also, insomuch that the Calf of his *Leg* was contracted as hard as any Iron Wedge, and so continued three Quarters of a Year, with such racking Pains as were inexpressible; his *Belly* seemed to be clung to his *Back-Bone*, insomuch that it was all hollow

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low like a *Dish*, and would hold Water when he lay upon his *Back*; his *Fundament* was drawn up three or four Inches into his Body, and he was grown so thin and extream poor, that, as he expresses it, he was raw and gall'd with lying, and *lowfy* with Poverty of *Flesh*; and had such Pain in his *Ears*, that if a red-hot Iron had been run into them, they could not have been worse. He lay upon his *Back* half a Year, not being able to stir or move *Hand* or *Foot* in all that Time. In short the Pain so distracted him, that he hollow'd and hoop'd like a *Madman* with Extremity of Misery, insomuch that he really thought *Hell* could not be worse; nor did he think it possible for any Tongue to tell, or Pen to write the Miseries he endured. He was worn to a mere *Skeleton*, and when he went to *Stool*, which was once in four or five Days, (and then forced by purging Syrups &c.) no Woman in extream Labour could have more Pain, caused through the Contraction of his Fundament. He had several able *Physicians* with him, to whom his Case was well known; they prescribed him *Purging*, *Bleeding* much, and very often; they sweat him a whole Month together; he took *Viper Powder*, *Crabs Eyes*, *Pearl Cordials*, *Sal Volatile*, Spirit of *Sal Armoniack*, Spirit of *Hartskorn*, Oil of *Tartar*, and several other



other *Drops*, together with the *Wood-drinks*, and all to no Purpose. He went to the *Bath* and there *bathed*, which so encreased his Pains that he was well satisfied, one Essay more in the *Bath* would have cost him his Life, even in the Waters. At last meeting with Dr. *Baynard*, he persuaded him to go into a *Cold Bath* over Head and Ears every Day fasting; and to use the Decoction of *Wild Sage*, *Ground Ivy*, *Ground Pine*, *Germander*, and a little *White Horebound* acidulated with some *Crab Verjuice* for his constant Drink. In six Days immersing in the *Cold Bath*, and using the Drink, he was so well as to walk about his Grounds, all his Pains insensibly vanished, and his Stomach, which was quite lost and decayed, was restored; he got *Strength*, slept sound, his *Flesh* came on, and his *Colour* came into his *Face*; all this is well known to the Neighbourhood and Country round, which with his humble Acknowledgment to Almighty God for this his great Cure, he attested to be literally true.

*Witness his Hand*

SAM. CREW.

CASE II. Captain *Crepigney* an Officer in the first Regiment of *Foot Guards*, after a Fit of Sick-

Sicknefs attended with an *Intermitting Fever*, was violently seiz'd with *Spasms*, and *Contractions* in all his *Limbs*, but more particularly with a *Lameness* in his *Legs* and *Thighs*, which was attended with such successive Pains as admit not of a Description. Upon advising with *Dr. Browne* of *London*, he was immediately ordered to use *Mr. Baynes's Cold Bath*, the Doctor himself attending upon him; and upon the first Immersion, he found present Relief from his Pain, and not only so, but was able to walk from the *Bath* to *Grays-Inn*, though before he was not able even to ride in a Coach without crying out like a Woman in Travail. He was immersed again that Evening and next Morning, after which he was enabled to take a Journey to his Country-House near *Enfield*, where the *Paroxifms* continued some Days, but not so violent; he ordered his Servant to put him in a large Tub, and pump Water upon him, which so encreased his Pains, that he was obliged to return to Town, and by bathing once or twice more at *Mr. Baynes's*, he was perfectly recovered.

CASE III. *Mr. Paul Derande*, an eminent Merchant, had been long troubled with a most severe Cholick, which had enervated, and reduced him almost to Skin and Bone. His

Pains



Pains were so extremely pungent, that he had no Ease but when set upon his Head, which his Servant did often in a Day by the Help of an Engine contrived for that Purpose. This Gentleman was sent by Dr. Fuller from his Country Seat in *Kent* to his House in *London*, in order to consult Dr. Baynard upon the Use of *Cold Bathing*, who at the first Sight was affrighted at the Proposal, he being in such a desperate weak Condition, his Stomach much gone, Appetite decay'd, and could hardly go or stand. But the Doctor seeing his great Courage and Resolution to try it, he consented, went with him to Mr. Baynes's *Cold Bath*: The first *Immersion* he bore to a Wonder, and much better than his *Physician* expected: But Opinion and Resolution will do great things. He so earnestly pursued *Cold Bathing*, that in a very little Time he could walk a Mile and a half or more, from his own House to the *Cold Bath* betimes in a Morning; his Stomach soon returned, and his Flesh came on by no other Means than the Use of the *Cold Bath*, and became as sound and hale as any Man whatever. After his Recovery he was asked by Dr. Baynard, how under such weak and infirm Circumstances he durst leap into such intense *Cold Bath*: He answered, it was impossible for any Man living to conceive the  
Extremity

Extremity of Pain he was in, and the inexpressible Misery he endured; insomuch that he declared, if he could have been as sure of Ease after it, he should not have wanted Courage to have leapt into as much *Fire* as there was *Water*. Those Words were spoke, as himself expresses, from a Sense of the extream Torture he daily laboured under.

CASE IV. Mr. *John Trubshaw* a Lad about twelve Years of Age, who lived at *London*, had not only a great *Weakness* on the Muscles of his Neck, but a Distortion of one of the *Vertebrae*, insomuch that his Head, if not supported, would fall towards his Shoulder on either Side. He had the Opinion of several eminent *Chirurgeons* on this Case, who besides many Applications, as Emplasters &c. contrived an Engine of Steel, like the Lath of a Cross-bow to run into a Swivel, and fastned by an iron Stalk to the back of a Chair, whilst a soft Velvet Muffler took him under the Chin (as is seen in some Neck-Swings) which was so contrived by the Help of the Swivel, as to turn on any Side, and yet keep his Head upright as he sat in the Chair; but all this was ineffectual. His Friends pitying the Condition of this hopeful Youth (who had some Fortunes left him) consulted Dr. *Baynard* whether the

*Cold*



Cold Bath would assist him, the Patient being willing to do any thing for a Cure, and the Doctor giving his Consent, the Lad. went in boldly, a Servant keeping his Head steady betwixt his Hands, and after some little Time he got a perfect Cure. This most wonderful and remarkable Case is well known to the eminent Serjeant *Barnard*, and most of the Physicians and Surgeons about Town.

CASE V. Mr. *Michael Warwick*, sleeping against a large Fire in a wet Cloak, caught a most violent Cold, which fixt upon his Hip, near the lower *Vertebræ* of his Back; and likewise extended itself in cramp-like Pains upon the Muscles on that side from his Neck down to his Ankle. He went to the *Bagnio*, and was sweated and cupped several Times, but to no Purpose. He used all outward Means, (as were advised) proper in such Cases, and took *Terebinthinate*, *Stomachick*, and *Chalybeate* Medicines, all to no Effect. He was blooded often, and purged with *Rhubarb*, *Agarick*, *Senna* &c. but with the like Success. His Blood was observed at all Times to have on it a tough viscous Matter, like that of *Rheumatick* Persons. Some time after his Pains were not so cramp-like as before, but more dispersed and like *Rheumatick* Pains; especially every Morning

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he had a weak and troublesome Pain upon his Loins, together with a Soreness upon the Part, as if he had been beaten, but no Swelling, *Inflammation*, or any outward Symptom appeared; nor was there any *Febris Rheumatica* attending his Pains, but the Continuance of his Pains, and the Violence of them occasioned such Contraction of the Muscles upon the Side affected, that he was almost brought to go double. The Thigh and Leg of that Side were greatly emaciated for want of due Circulation of the Spirits and nutritive Juices. He applied himself to Dr. Cole who prescribed him *Cinab. Antimon &c.* together with a constant Use of the *Cold Bath* for several Weeks. He afterwards found the Pains to decline, and at last quite to vanish; and the Contraction of the Muscles were loosed, and he has continued well ever since; only sometimes against Change of Weather, or when the Wind is northward he has some small Disorder, but no Contractions. His Blood is since become good and florid. His *Physician* was of Opinion this Distemper was complicated of a *Hypochondriack Rheumatism*, the *Sciatica*, and Effects of a Contusion he received formerly upon his Hip. His own Words are, that he must ingenuously attribute this Cure (next under God) to the Use of the *Cold Bath* aforesaid.

MICHAEL WARWICK.



CASE VI. Mr. *Richard Wilson* of *London* was cured of a *Hypochondriack Melancholy*, which he had been afflicted with for some Time. He at first felt almost a continual Pain of his Head, with a Swimming or Giddiness, a Noise in his Ears, a rumbling Wind in his Bowels, four troublesome Belchings, with Heat and Pain in both Hypochondrias, and more particularly Pain about the Region of his Stomach. He was subject to vomit upon every occasion, he was likewise attended with strange Imaginations, Tremblings and Fear upon his Mind by Intervals. He applied to Dr. *Brown* of *London* for Relief, who ordered proper Remedies together with the Use of *Cold Bathing* for the best Part of the Summer, which had such good Effect upon him that he was never troubled with any of the former Symptoms that had perplexed him so long before.

CASE VII. *Thomas Duckinfield* a Patient of Dr. *Brown's* was seized with Rheumatick Pains in all his Joints, with a continual Heaviness and Oppression about the Orifice of his Stomach; he was pale and languishing, had frequent fainting Fits, and was scarce able to move his Limbs, which were swelled considerably. He ordered near forty Ounces of Blood from him in three Days Time, after which he purged

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him with the *Sal. Solut. Cremor. Tart.* and *Spaw Water* &c. and in about fifteen or sixteen Days Time he recovered the Use of his Limbs, but still he had a great Stiffness in his Joints, and a Numbness in all his Limbs; he then ordered him into the *Cold Bath*, and in three Weeks Time he was able to do any Kind of Work as usual.

CASE VIII. Mrs. Taylor of Yarmouth was taken with violent Pains of her *Back, Limbs, and Head*, that she could take no Sleep either Night or Day, but was in continual *Torment*, and so very cold that the strongest Cordials which could be prepared would not bring her to a natural Heat; and in a Week's Time, with the Agony of these Pains, she fell into strong *Epileptic and Convulsion Fits*, which drew her Mouth and Eyes on one Side; and when these Fits were going off she would foam at the Mouth and talk as insensibly as any delirious Person. In this Manner she remained for some Time, all proper Remedies being applied, and not finding much Relief by them, was advised by Dr. Crask to go into the *Cold Bath*, which accordingly she did, and in two Months Time, with the Assistance of some Medicines she took, was perfectly recovered.

CASE IX. Mrs. Cunningham of London complained much of a Sicknefs in her Stomach  
after



after eating; but in a few Months it increased to that Degree, that as soon as ever she had eaten, immediately fainted away, was in cold Sweats, and lost the Use of her Limbs. These Symptoms usually continued two or three Hours, and then gradually abated.

But after three or four Months, though her Sicknefs and Faintings went off, yet the Use of her Limbs did not return as at first. She consulted several *Physicians*, who directed her *Vomits*, *Blisters*, *Steel Courses*, and *Bitters*; but received no Benefit from any of them. Upon which she was ordered to the *Bath* in *Somersetshire*, and drank the Waters for six Months and *Bathed* every third Day, but was no better by either. Upon this Lady's Return again to *London*, she consulted the ingenious *Dr. Cole*, who prevailed upon her to experience the *Cold Bath*; she continued the Use of it, for two or three Months; upon which her Sicknefs abated, and the Use of her Limbs in a great Measure were restored. She was afterwards advised to go to *Tunbridge*, to drink the Waters, and to continue *Bathing* for six Months. Upon her Return she was so well as to walk the Streets without any Assistance.

CASE X. Mr. *John Perion* of *Taunton Dean* in the County of *Somerset*, was seized with an

*Athritiſ Vaga* upon a Rheumatism, which as to the Pungency and Extremity of Pain are almost equal. He was advised by his *Physicians* to try the *Cold Bath*, but being so weak and tender, could scarce bear to be touched without great Pain. He was lifted into the *Bath* in a Sheet, and cold Water was poured upon his Head, for a considerable Time. His *Speech* that was before lost and gone, (so as not to be understood what he attempted to speak) returned upon the first Immersion; he immediately said I am well, and so he continued; but for a farther Confirmation followed the Use of the *Bath* some little Time after. This uncommon Cure was attested publicly in 1708.

CASE XI. Mr. S.— Brewer of Trowbridge in the County of Wilts was indisposed for three Months with a slow Fever, and finding all the Remedies he had taken proved ineffectual, he was resolved to make Trial of the *Cold Bath*. After some *Immersion*s, he was not only rescued from the Fever, but he received a perfect Sense of Smelling, which he never had before in all his Life.

CASE XII. Mr. Josia Heathcoat's Lady was suddenly taken with a *Hemiplegia* (at Jamaica



*maica* where she then lived) and being ill treated in this Distemper set out for *England* and landed at *Bristol*, where meeting with Dr. *Baynard*, he was applied to. He found her very weak, her Case seemed to be deplorable, and complicated with Fits, partly *Hysteric*, partly *Epileptic*; and she being of a wonderful thin and spare Habit &c. he had but small Hopes of her Recovery. She was advised Bathing in the most temperate Part of the *Queen's Bath*, but scarce able to endure the Trial of it, the least Heat so much disordered her. From thence she removed by Degrees to *London*, where being misled by the Persuasion of some Friends, was mistaken in the Person she consulted, his Prescriptions being as foreign to her Case, as the Prescriber to a *Physician*. Upon the Doctor's Return to *London*, she again consulted him, and he finding the Case desperate, proposed for her own and Friends Satisfaction, the Assistance of another *Physician*, and the learned Dr. *Cole* was agreed upon. After all the necessary Internals, she tried artificial *tepid Baths*; but finding small Benefit by them, the *Physicians* agreed to acquaint the Patient, and her Relations, that if any thing would do her good it must be the *Cold Bath* (a shocking Proposal to so tender a Lady, and so lately come from the *Torrid Zone* from between the Tropicks) how-

ever she readily consented to the Experiment, and tried it with a Courage and Resolution not usual in her Sex; by her strict Perseverance and a Blessing attending the Means, she was recovered beyond all Expectation.

One Thing was very remarkable: She finding herself not well, with Pain in her Head and likewise her Back, and not knowing the Cause, still continued her *Bathing* as usual; it proved to be the *Small Pox* forming upon her; she went through it very well, and had little or no Impression left on her Face; She was *immersed* in the *Cold Bath* more than one hundred and fifty Times.

CASE XIII. Mr. *Hugh Hammerfly*, an eminent Goldsmith in the *Strand London*, had a Daughter cured of a nervous Case, where there was an *Aphonia* or total Loss of Speech; but after fifteen Immersions in the *Cold Bath* was perfectly recovered. This Case was well known to Dr. *Gibbons*, Dr. *Gould* and several others.

CASE XIV. Mr. *James Crook* in *Conduit Court* in *Long Acre London*, a poor Man about fifty six Years of Age, was troubled with the *Dropsy*, *Jaundice*, *Palsy*, *Rheumatic Pains*, and an old inveterate Pain in his Back, which  
had



had been upon him six Years, was cured to a Miracle, by going into the *Cold Bath* only three Times; the Swelling of his Legs were totally abated and gone, together with his former Pains in his Back, as also the *Jaundice*, discharging from his Nose a great Quantity of a bilious, yellow Matter.

CASE XV. Mrs. *Watts* of *Leicester* was, through an ill Habit of Body, reduced almost to a *Skeleton*; her Stomach decay'd, hysterical, &c. She was so tender as not to endure the Wind to blow upon her, but after the Use of cold *Immersion* she became strong, vigorous, and healthful, and was hardened to that Degree, so as to walk any where, and in any Weather, without catching Cold.

CASE XVI. Dr. *Baynard* mentions a Patient of his at *London*, who was terribly afflicted with wandering, rheumatic Pains, which *Cold Bathing* did not only take off, but the Person was cured of a Deafness also, which had long been upon him.

The following Cases not only came under my Care, but their several Cures were effected at my own *Cold Bath*; to expatiate upon every one in particular would too far enlarge what

I in-

I intend only as a Specimen; therefore shall endeavour to recite them, in as concise a Manner as the different Subjects will admit. I must beg Leave to be excused the Names and Cases of some Gentlemen, whose Permission I have not yet obtained; and as to the Lady's good Manners as well as Justice to the fairer Part of the Creation, command a more particular Restriction. The innate Modesty and Tenderness of the Sex, challenge the nicest Observance, and plead an Exemption from publishing to the World, either their Names or Infirmities; except only in such Cases as both Sexes are equally liable to, and where it is consistent with Decency.

CASE XVII. The Reverend Mr. *John Cater* of little *Ellingham* in *Norfolk*, had laboured under a nervous Disorder to a very high Degree for two Years together, and had tried Evacuations, and Medicines of all Kinds, without Relief; but by the Use of my *Cold Bath* for about fourteen Days, was with God's Blessing restored to the full Strength of his *Limbs* and *animal Spirits* even to a Degree of Amazement.

CASE XVIII. A young Gentleman about 28 Years of Age, from an unknown Cause, was



was unhappily attended with a *Melancholy*, and Intenfeness of Thought; sometimes had *Tremblings* and frightful Imaginations, feemingly always surrounded with Difficulties; he was sent to me for the Benefit of *Cold Bathing*, and after due Preparations, and Remedies administered according to Order, through the whole Course of *Bathing*, was in less than three Months perfectly restored to his former chearful Disposition.

**CASE XIX.** Susan Manclark of *Ditchingham* in *Norfolk*, about twenty five Years of Age, from hard Exercise, contracted a Weakness upon her Loins, which had continued for some Years. She was at the same Time attended with a *scorbutic Rheumatism*; her Pains were violent, and always shifting about in a terrible Manner, which at last terminated in a *Palsy*; from the lower *Vertebræ* downwards the Parts were intirely relaxed that she could not stand, or even so much as move either of her Feet, without the Assistance of both Hands. The Flesh upon her Legs was much wasted, but from the Waste upwards was no ways debilitated. She had a great Desire to use the *Cold Bath*, and continued it one whole Season, by which, together with the Use of internal Remedies, she recovered Strength beyond

beyond Expectation, and began to walk with very little Assistance. The *cold* Season of the Year approaching, we concluded to discontinue the *Bath* till the Spring following, being almost confident another Summer would have completed the Cure; but in the mean Time, an unfortunate Accident prevented our Designs, one of her Legs was miserably burnt, upon which a Fever succeeded and soon put an End to all her Afflictions.

*N. B.* This Patient as an Object of Charity engaged my best Endeavours *gratis*, and I shall always think myself indispensibly obliged by the Laws of Humanity to receive upon the same Footing any poor Person, sufficiently recommended by a regular *Physician* as a proper Subject for the *Cold Bath*.

**CASE XX.** *Thomas*, the Son of Mr. *John Smith* at St. *James's* in *Stafford*, was long afflicted with weak Nerves, violent *Rheumatic Pains*, and was scarce able to walk; but after a Fortnight's Use of the *Cold Bath* was perfectly cured, and has remained in a good State of Health ever since.

**CASE XXI.** Mr. *Jonas Turner* of *Harleston* in *Norfolk* was seized with a *Dizziness*, which was soon followed with a Loss of Memory,



mory, and a paralytic Weakness, especially on his left Side, so that he could help himself no more than an Infant. His Legs and Feet seemed to be perfectly useless. He was under the Care of Dr. *Paston*, of the same Town, who after treating him in a proper Method, advised the Use of the *Cold Bath*, which he continued by daily Immersion for the Space of seven Weeks; and by the indefatigable Industry of his *Physician* in prescribing the Use of internal Remedies, through the whole Course of *Bathing*, he happily recovered his former Strength, so as to walk without a Cane, or any other Assistance. He now follows his Business as formerly, and remains to this Day in as perfect Health as ever.

CASE XXII. A married *Gentlewoman* of a tender Disposition, and weak *Nerves*, was so grievously tormented with *scorbutic* and *rheumatic Pains*, that she could scarce walk: She was likewise often subject to Miscarriages. The *Physician*, whose Care she was under, advised the Use of the *Cold Bath* for a Month; and after being duly prepared she had some nervous Remedies prescribed to be taken twice in a Day to assist the *Bathing* itself, which perfectly completed a Cure. Her weak and tender *Fibres* were invigorated, and recovered their natural

natural Tone and primitive Office; and in less than a Year, she became the happy Mother of a very fine Boy.

CASE XXIII. Mr. — *Sones of All Saints* in *Suffolk* for a considerable Time had laboured under much Difficulty from so great a *Weakness* fixt upon the Region of his *Loins* that he could not stand upright; soon after had such exquisite Pains upon his *Knees* and *Ancles* as were almost insupportable. He was advised to *Cold Bathing*, and after ten *Immersions*, was enabled to return to his Business again perfectly well.

CASE XXIV. A single *Woman* of a *cachectic* Disposition, her Countenance *pale* and *yellow*, very subject to *scorbutic Pains*, and sometimes a *Dizziness* in her Head, could walk but feebly, and a very little Way without resting; she was advised to the *Cold Bath* for a Fortnight, and if any Amendment was found to continue it a Month; after a few *Immersions*, she was daily sensible of Relief, and with great Pleasure continued *Bathing* for twenty six Days, which restored her to a good State of Health.

CASE



CASE XXV. Mrs. *Hannah Scolding* from *Walpole in Suffolk*, was for a long Time troubled with a severe *Rheumatism* and *Lameness*, insomuch that the muscular Flesh of one Leg and Thigh was very much wasted, and appeared to be withered; she was advised to the Cold Bath, and in a short Time was perfectly cured of the *rheumatic Pains*; and the Flesh of the shrunk Muscles wonderfully increased to their natural Plumpness and Strength.

CASE XXVI. Mr. *William Hunt* of *Bedingham in Norfolk*, was miserably afflicted, with the *Rheumatism* for two Years, and confined to his Bed for one whole Winter to the great Loss of his Business; but upon using the Cold Bath without any Medicines at all, he obtained new Life and Vigor to his Limbs, and perfectly recovered a good State of Health.

The following Case in all Respects being very remarkable I shall recite it, as delivered in a Letter, from that eminent Physician Dr. *James Paston* at *Harleston in Norfolk*,

CASE XXVII. In March 1728-9, Mr. *William Mendham* of *Cheapside London* was seized with a *Rheumatism* at his Father's House in *Metfield in Suffolk*; I was called to him

the 9th of that Month. His Pains were great, and the Use of his *Limbs* taken away; after Bleeding, Purging and the Use of several *Medicines*, I advised him to the Use of Mr. King's *Cold Bath* at *Bungay*; I was not present at his first *Immersion*, but was there at the second; he had then intirely lost the Use of all his *Limbs*, except of his right Hand, which he could use a little. He was carried in the Chair to the *Bath*, was undrest like an Infant, not being able to stand on his Feet, nor any way to help himself. Just before he was put into the *Bath*, he desired he might try to stand whilst he was in it, which he not only did, but after dipping himself three or four Times under Water, he walked alone up the Steps out of the *Bath*, and stood upon his Feet till he was rubbed dry and his Clothes put on; and in four or five *Immersions* more was so well recovered as to return to his House in *London*.—This is true in every Particular to the best of my Memory. *James Paston.*

CASE XXVIII. Mr. *Edward Watling* from *Brampton* in *Suffolk* was greatly afflicted with the *Rheumatism*, his Knees and *Ancles* much swelled, and so weak, that he had scarcely Strength to walk; but upon using of the *Cold Bath* a short Time was perfectly cured.



CASE XXIX. Mr. *Francis Phillips* of *Thurington* in *Suffolk* had a Case much like the former; only the Pain and Weakness extended from his *Loins* to his *Toes*; and in a short Time was also cured by the *Cold Bath*.

CASE XXX. Mr. *William Green* from *London*, after making too free with a good Constitution, was for four Months afflicted with a *paralytic* Weakness upon both his Arms; they were so far enervated, that he was not able to draw on a Glove, or so much as to feed himself in any Manner. His *Physician* ordered him to the *Cold Bath*, and advised he should continue with me as long as needful; but after two Months Stay, and daily *immersing*, he perfectly recovered his Strength, and returned home strong and hearty.

CASE XXXI. A young *Gentleman*, whose Constitution was much impaired, had a Weakness upon both his *Arms* without any Pain; but his left Knee and Ankle were swelled and so very weak and painful, that he could not possibly walk without Assistance; he was advised by his *Physician* to take some proper Remedies, and to use the *Cold Bath*, which he accordingly did, and after sixteen *Immersions* to

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his great Surprize was enabled to return home without any Complaints or Uneasiness.

CASE XXXII. *Robert Wesgate*, a young Lad living in *Bedingham* in *Norfolk*, from sitting too long upon wet and cold Ground, had contracted an universal Weakness, especially in his lower Parts; not being able so much as to stand, or turn himself in Bed for the Space of two Years. He had likewise a very ill Habit of Body, attended with an obstinate Costiveness, which with the utmost Difficulty was removed by the Use of internal Remedies. He came under my Care for the Benefit of the *Cold Bath*, in which he was immersed 167 Times, and wonderfully recovered the Use of his Limbs, being capable of walking up and down a lofty Precipice, and to travel half a Mile at a Time without any Difficulty.

The following Case was sent me by a *Physician* whose Patient the young Gentleman was, though the Circumstances whilst at the *Bath* were quite unknown to me; but from Time to Time I was not a little surprized to find one of the most tabid emaciated States I ever knew, should be restored to the most florid and vigorous.

CASE



CASE XXXIII. Juvenis quidam annorum 18 pondus elevare nixus, vires pueriles longè superans, dolorem illicò sensit ingentem in lumborum regione et circumcirca. Non multò postea frequentissimam et omninò involuntariam seminis jacturam perpeffus est; vires, appetitus et functionis animales sensim deficient; tandem ad tabem et marasimum extremum redactus est, et adeò debilitatus ut cubiuli spatium perambulare nequibat. Duobus annis elapsis ad Balneum vestrum frigidum profectus cùm quotidie, ad mensem sese immerferit (Vomitione bis vel ter prius repetitâ, et interim Tinct. Antiphthificâ et aliis astringentibus probè exhibitis) domum rediit floridus, robustus et absolutè sanus.

CASE XXXIV. A Daughter of Mr. *Hugmans* of *Halesworth* about five Years of Age, had such a total Relaxation from Head to Foot, that she could not stand, neither had she ever walked alone; but by the timely Assistance of my *Cold Bath* she soon gained Strength and returned to her Friends with the usual Strength and Sprightliness of such an Age.

CASE XXXV. Mrs. *Sarah Bickers* of St. *Margaret's* in *Suffolk* was long troubled with

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a *Rheumatism* to the highest Degree; she was much enervated, and her Joints greatly contracted: Some of the Muscles appeared to be wasted; her Back was considerably distorted betwixt the third and fourth *Vertebræ*; her continual Pains were almost insupportable; she had tried many Things to no Purpose; at length was advised to my *Cold Bath*, by which in less than three Months she was perfectly restored to the Use of her Limbs, and has ever since enjoyed a good State of Health, the *Spine* only remaining in the same State.

CASE XXXVI. Mr. *James Shimpling* of *Mendham* in *Norfolk* was so violently afflicted with a *scorbutic Rheumatism*, that he could scarce walk; but after seven or eight Times *Bathing* was perfectly cured.

CASE XXXVII. *William Eves* of *Bungay* in *Suffolk* had an *Ague* for a whole Year, was much emaciated, the Pains of his Limbs were so exquisite, that he could scarcely stand upright; and all Parts seemed to bear an equal Share of the Affliction. In this miserable Condition he beg'd to make Trial of the *Cold Bath*, and after taking a few Medicines he began to bathe, and was daily sensible of some Amendment; he continued its Use for about a  
Fort-



Fortnight, which restored him to his former Strength, and has remained in a good State of Health ever since.

CASE XXXVIII. Mr. Robert Goodwine jun. of *Diss* in *Norfolk* had for some Time laboured under an universal *Atrophy*, attended with *rheumatic Pains* and a great Laffitude; but after about twenty *Immersions* in the *Cold Bath*, he effectually recovered a good State of Health, which has continued ever since.

CASE XXXIX. A married *Gentlewoman* of distinguish'd Merit, had so tender a Constitution that upon taking the least Cold, even from opening the Door, Windows or Curtain of the Bed was seiz'd with extreme Flatulencies, followed with Indigestions, Difficulty of Breathing, Tremblings, and sometimes Palpitations of the Heart, Dimness of Sight, sinking of the Spirits, Watchfulness and several other inexpressible Sufferings, which she had labour'd under at least two Years, notwithstanding she had taken from several Hands Variety of *nervous* and *antihysterick* Remedies, without any sensible Relief; but upon farther Advice, (tho' being much infeebled) was ordered the *Cold Bath*, which she readily assented to, and after due Preparations was immersed thirty Days

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ſucceſſively, and thereby quite reſtored to a good State of Health, and continues eaſy to this Day, chearful and active, to the great Joy of her good Family.

CASE XL. *Roger Hawes* a Taylor at *Bedingham* in *Norfolk*, from a Weakneſs fixed upon his *Ancles* and *Knees* became incapable of walking, but after a Fortnight's *Cold Bathing* he ſo well recovered the Uſe of his Legs, as to run away without paying for his Immersions.

C H A P. VI.

*The Uſefulneſs and Modus of Operation in Warm Bathing.*

**H***ippocrates* uſed hot Baths as well as Cold, as part of his *Gymnaſtic Art*; and he directs after the Uſe of the *Paleſtra* to immerſe in *Cold Baths*; but after other Exerciſes to uſe *warm Baths*. He well underſtood the Uſe of temperate *Bathing*, by what he ſaid in his Book of Diet in acute Diſeaſes; “ That there  
“ ſhould be all Conveniencies proper for *Ba-*  
“ *thing*, and without any Smoke. The Pa-  
“ tient *immerſing* ſhould permit the Perfuſion,  
“ and



*of Operation in warm Bathing.* 103

“ and Deterfion, to another Person, doing  
“ nothing himself but to continue silent, ob-  
“ serving not to eat immediately before or af-  
“ ter *Bathing*.”

The ancient Physicians allow their Effects in many Diseases, and that they are beneficial in most Constitutions, they have delivered us even the Modus itself, *viz.* That they act by their Weight and Warmth conjointly, the Weight compressing the Fibres, and the Warmth dissolving the coagulated Fluids. Our Moderns enlarge upon this Reasoning thus, That Heat according to its different Degrees has as different Effects upon our Solids; for a gentle Warmth relaxes, and a more violent Heat *crispates* or contracts. A slight Continuance in *Hot Baths* rarifies and heats our Blood; but a longer Use Cools by Evacuation of Sweat. So that various Effects are produced by the Management of the same Material. As the Property of the *Cold Bath* is to contract in a relax'd State, so the *warm Bath* as effectually relaxes such Parts as are contracted, or when the *Fibres* are in too rigid a State; or when any Humours are fixed and not easy to be dislodged, this like an universal Fomentation softens and makes pliable the whole *Fabric*, and by gently shaking and undulating the *Fibres*, helps forward those vital Motions that

were almost at a stand. The *Warmth* being so exquisitely pleasing and agreeable to the Sense of Feeling, it operates without any Pain or Trouble, or laying any Stress upon the Solids; by opening that almost infinite Number of secretory Orifices upon the Surface of the Skin, and clearing the cutaneous Ducts of all offending Matter; so that the Fluids have not only more Room to move in, but Liberty to breath out such peccant Humours as are thought to be the Cause of old Aches and Pains, often the Remains of *nervous* Distempers. But if the Humours are crude, and not sufficiently digested; that is if they are gross and not broke small enough; that easy Relaxation which would otherwise give them more Room to fly off, will only occasion a greater Derivation of them towards the Circumference, where, by their Grossness and Indigestion they will be obstructed in the capillary Vessels; and such an Obstruction by a continual Supply from within, will encrease till the Solids are stimulated to make larger sensible Evacuations, or raise a Fever. But where such indigested Matter does not hinder, the Causes above-mentioned will much encrease Perspiration, and of Consequence lighten and cool the Body.

When we would have the Benefit of an universal Relaxation, we should immerse in a

*Warm*



*of Operation in warm Bathing.* 105

*Warm Bath*; the Relaxation thus produced will by opening the Pores cause a greater Quantity of perspirable Matter to be carried off more than usual. Dr. *Wainwright* \* takes Notice, that some corpulent Persons have in a Fortnight's Time lost above 2 Stone Weight by *warm Bathing*. All the Advantages of a free Perspiration may be gained this Way; though it is possible, without due Care, we may be more sensible of Cold afterwards. The same Author therefore thinks, that a cautious Use of the *Cold Bath* after the *Hot* might not only prevent that Inconveniency, but in many Cases render it much more beneficial †.

It is a general receiv'd Notion, that when the Pores are open by *warm Bathing*, the Water enters the Body and so mixes with the Blood. But as this Point has been called into Dispute I shall rather wave it, and shall only advance what follows.

It is demonstrable that Water has a wonderful Power of insinuating itself into any contiguous Bodies; as is manifest by Deal Boards swelling against rainy Weather; the *Air* pressing upon the aqueous Particles which are floating in it, are forced into the slender Tubes of the Boards where they meet with

\* Non-Naturals 3d Edit. p. 134.

† Ibid.

no Resistance; the Particles of *Air* being too large to enter the same.

From this Observation it is evident, that the component Particles of Water are less than those of *Air*; because the former will pass through several Bodies which the latter cannot. It will force itself through the Skins of Animals even after they are dried and converted into Leather.

*Bellini* \* tried the Experiment, upon the Skin of a human Head, which after it was moderately dried, he suspended with a Stone to sink it in the Water; and in a few Hours Time, the Water had found a Passage through it.

The surprizing Force of Water has never been more conspicuous than by the following Experiment; if a few Yards of Cord be fixed a considerable Height, with a large Weight upon the End of it, something less than what would break it, it is commonly observed the Weight will rise in moist, and sink again in dry Weather.

The same Alteration may be made at any Time by moistening the Sides of the Line ourselves; which shews, that a few Particles of Water will over-power any determined Resistance, if the Line would bear it.

\* De Urinis & Puls. p. 146.



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*Sanctorius* \* tells us, That the Quantity of perspirable Matter is five Eighths of the Meat and Drink a Man takes in a Day; yet if we compute the Quantity that perspires from any Part of the Skin in a given Time, we shall find it too little by far to hinder the Entrance of Water into the Body, when we go into a Bath.

*Bellini* † thinks it very plain that in *Bathing* the Waters do not only penetrate the Skin, but that they enter deeper into the very Blood itself; so that the solid Parts are not only softened, but the Blood is also diluted, cooled and attenuated, and its Circulation and Perspiration thereby promoted.

*Cæsar Zazotta*, a Man of excellent Learning, in his *Medica Martialis* has this Expression:

*Alterat verò Balneum quatenus refrigerans est, intemperiem emendando, sitim tollendo per Corporis meatus intrò assumptâ Aquâ ‡.*

These Authorities are taken Notice of by *Dr. Oliver* ||, and agreeable to his own Opinion, that our Bodies may be as well inspirable, as expirable; that is, that there is a kind of

\* *Sanct. Med. Statica. Aphor. 6. Sect. 1.*

† *De Missione Sanguinis. p. 151.*

‡ *Aphor. 103. Sect. 1.*

|| *Pract. Dissertation on B. Waters. p. 136.*

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Magnetism in our Bodies; and if so, it is probable we may receive such Quantities of Water into our Bodies by the Pores, when we bathe, as may over-balance what we lose by Perspiration, together with the Sweat of those Parts which are above the Water. He concludes, that if this Doctrine be not allowed, that Water may penetrate thus; what Dependence can we have from Fomentations, Ointments, Cataplasms, or any Topicks whatever?

Dr. *Pitcairn* \* is of the same Opinion, and has demonstrated, that the Matter of insensible Perspiration in a Minute is the 1200 Part of the Place it comes from, viz. A Scruple of the Skin, perspires  $\frac{1}{1200}$  Part of a Scruple in a Minute, and so Consequently one Dram of the Skin perspires  $\frac{1}{1200}$  Part of a Dram in a Minute. Now Suppose a square Inch of the Skin weighs one Dram, then a square Inch perspires  $\frac{1}{1200}$  Part of a Dram in a Minute; but a square Inch of the Skin is pressed upon by a Weight when we bathe more than in the open Air, equal to 96 Drams: For we may conclude that our Bodies, taking one Part with another, are two Foot under Water when we bathe; so that every square Inch of our Skin

\* Differt. Medica. p. 130.



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must bear the Weight of 24 cubical Inches of Water equal to 96 Drams; for a cubical Inch of Water being  $\text{ziv}$  is  $\frac{3}{4}$ , throwing away the Fraction, 24 cubical Inches must be 96 Drams. Now since only  $\frac{1}{1200}$  Part of a Dram of Matter is perspired through a square Inch of the Skin in a Minute, therefore is the Elevation of the perspirable Matter resisted by a Weight 115200 Times greater than itself; for  $1200 \times 96 = 115200$ . How great then must be the Celerity with which the perspirable Matter moves, if we imagine it able to raise a Body 115200 Times heavier than itself? Thus would it be, if the whole Quantity of perspirable Matter evacuated in a Minute, was to exert its Force at once upon the incumbent Weight of Water; but it is so far from doing that, that if the Exhalations of the Steams be not continual, as the Pressure of the Water is, yet the Intervals betwixt the Times they are propelled from the Body are very short; suppose 60 of them in a Minute, being about the Number of Pulses that a healthful Man's Artery beats in the same Time, then will the Quantity of Vapour, which exerts its Force at once against the incumbent Water, be 60 Times less than first assigned; which being multiplied by 1200 = 72000 the Number of Parts into which a Dram of perspirable Mat-

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ter is divided; one Part only of which exerts its Force against 96 Drams of Water in a Second: So that the perspirable Matter that rises must every Second raise a Weight 6912000 Times greater than itself, if it resists the Entrance of the incumbent Water; for 90, the Number of Drams of Water incumbent upon an Inch square of the Skin, multiplied by 72000, the Number of Parts into which a Dram of perspirable Matter is divided, is = 6912000, the Difference between the Quantity of Matter perspired in a Second, and the Quantity of Water by which its Motion is resisted. From the whole of which, it is generally thought that the Water enters into, and mixes with the animal Juices in *Bathing*.

In regard to this useful Practice, I hope such Cautions as have been already given, in *Cold Bathing* and the Affairs of Physick in general, may be sufficient to recommend a timely Application to some prudent and learned *Physician*, who is never wanting to prescribe such necessary Rules as may be conducive to the Health of his Patient, and agreeable to every State of the Disease (I wish I could as truly say that Patients were as little wanting to observe them);

Before



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Before *Bathing* it is first necessary that the *Stomach* and *Intestines* be emptied, the Blood cooled and attenuated, which will render the Operation of *Bathing* more successful.

The properest Time for its Use is in the Morning fasting both Winter and Summer; because after the Refreshment obtained by a Night's sleep, we are more able to bear an *Immersion*. Our Digestions are better completed, we are not so subject to Accidents that may attend from Crudities, which Cause Pains of the *Head* and many other Inconveniences.

Upon going in fasting the natural Heat will be thrown out towards the Circumference; but when we *immerse* upon a full Stomach, the whole *Oeconomy* is *disordered* for want of a regular Dissolution of the Contents in the Stomach. This is taken Notice of by *Juvenal* as one of the Debauches amongst the *Romans*. They went into their *Baths* soon after eating, which he and *Perfius* too in his third *Satyr*, assigns as the Cause of many Diseases; which may reasonably convince us that *Immersion* fasting is necessary, for such as expect Success from their *Bathing*.

If any Depression of Spirits or Faintings should attend the Patient in Time of *Immersion*, a Spoonful or two of some Cordial Liquor is thought a sufficient Refreshment.

There

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There is no limited Time for a Person to continue in a *Warm Bath*; that must be determined according to the Degree of Heat required, and the different Cases to which it is adapted.

This Practice of *Bathing* contributes an agreeable Warmth to the Body, and softens all such Parts as are hardened or contracted by Cold, and strengthens the whole *nervous System*. Nature being thus assisted and refreshed, the Blood is more digested, by the *Bath* attenuating its Parts, and promoting its intestine Motion and Heat; the natural Tone of the Fibres in general is restored, the heterogeneous Matter is discharged, which was impacted in the Pores of the solid Parts.

There are no Form of Remedies more comfortable or delightful, or that more speedily and effectually answer the desired Intentions, and with this Advantage, that they are of use to all *Sexes*, Ages, and Constitutions, without any inconveniences when properly advised and continued a due Time. It may be objected that these *artificial Baths* are not impregnated with the same Salts, Sulphur, &c. which Nature itself produces in mineral Springs. But that noble Element Water alone is endowed with most excellent Properties, and sufficient to execute such grand Designs in some Cases,



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Cases, in Medicine, that all the Power of other Materials can only pretend to trifle with; and to proceed still farther, I may justly affirm that a medicated *Bath* may be used not only as a *Succedaneum*, but may be so contrived by an ingenious *Physician*, as to answer a much greater Variety of Intentions than such as are natural. Not that I would be supposed to depreciate the Efficacy of these valuable Springs, the Gift of the all-wise and bountiful Author of Nature. The *Analysis* and *Rationale* of their surprizing Composition is learnedly display'd in that most excellent Piece of Dr. *Thomas Short* in his *Natural History* of the mineral Waters of *Scarborough*, &c. and, it is universally allowed that such salubrious Waters have wrought unexpected and astonishing Cures, both by *Drinking* and *Bathing*, as the Works of the ingenious and learned Dr. *Pierce* \*, Dr. *Guidott* †, &c. can farther testify. The former observes, “ that  
“ the Impatience and Parsimony of some  
“ Persons, has hindred as many great and  
“ good Cures, as Bathing and the best Methods of Phyfick have ever perform'd. So  
“ that the *French* may very well be excused

\* *Bath Memoirs*, printed at *Bristol*, 1697.

† *Treatises of the City, and Waters of Bath*, printed at *London*, 1725.

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“ that Saying of the *English*, that they are  
 “ guilty of two great Errors in Reference to  
 “ their Health,

“ *They do not own themselves sick soon enough,*  
 “ *and they think themselves well too soon.*”

The latter ingeniously takes Notice, “ That  
 “ many use the Bath without Advantage, and  
 “ no Wonder, since no Advice is taken in the  
 “ Management of the same. And some of  
 “ those that are well advised, may go away  
 “ perhaps to present Appearance no better,  
 “ and mend at home, as many Instances  
 “ prove. The Virtue of *Bathing* and drink-  
 “ ing the mineral Waters, if discreetly mana-  
 “ ged continues in the Body a considerable  
 “ Time after the *Bath* is left, and still ad-  
 “ vances towards a Cure.”

From these Observations the Folly and Im-  
 patience of Mankind manifestly appear, and  
 that they are too subject to pursue the indigest-  
 ed Dictates of their own Reason only, and de-  
 spair of Success even under the most promi-  
 sing Circumstances. Upon this Consideration,  
 I shall beg leave to recite some farther Remarks  
 from that truly deserving *Physician* Dr. *Francis*  
*Fuller* \*: He demonstrates, that none ought  
 to be discouraged who will give themselves

\* *Medicina Gymnastica.* p. 49, 50, 51, 52.



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leave to consider, how slow and yet how sure, some of the Despumations, or general Secretions of Nature are; wherein, if the Certainty and Security will compensate for the Slowness of the Progress, they have Reason to acquiesce and submit, when there is no other Remedy left. How often has it been observed, that in some paralytick Cases, after a considerable Use of the *Hot Baths*, the sick Person has gone away disconsolate, without any present sensible Relief, and yet found himself cured in a Month or two after, the morbidick Matter being just moved and brought to flow, when he left off *Bathing*, and yet not perceptible to himself; and if Nature can be enabled to make such real though slow, and for a Time, insensible Advances towards Health, in a Subject half dead; others may with a great deal more Reason expect the same Success. If Men were not wanting to themselves in a Resolution to undergo with Patience, the Fatigue of reducing Nature indisposed to its former State, by slow Measures, when violent are absolutely to be omitted; they would at last be really convinced, that Health, as well as Sickness, may approach insensibly, and that their tedious Struggles, and seemingly fruitless Endeavours, did gain Ground upon the secret and intimate Springs of the Oeconomy, before

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they come to be sensible of any the least Relief; for when once upon the use of such gradual Means, there appears a sensible Amendment, the Point is almost gained, and the Work more than half done. As we see upon the Return of the Sun after Winter towards us, it is some Months before the Earth shews any great Signs of his Influence; yet when once it displays the Effects of it, we can very well discern, that they are such as must have been brooding long before we perceived them. And why should not some Distempers go off leisurely, when we see so many come upon us so? There seems to be a Parity of Reason for it, though it is <sup>110</sup> a comfortable Consideration. Why should it seem strange then, that some Diseases require a gentle and gradual Conflict of two or three Months, when perhaps they have been a longer Time growing upon the Patient?



## C H A P. VII.

*The Distempers in which Warm Baths  
are useful.*

**H**ippocrates in his third Book of Diet tells us, that *Warm Baths* extenuate and cool such as use them fasting, for by their *Heat* they evacuate the Serum of the Body and thereby it is cool'd. But if we use them after eating they heat and moisten, by rarifying the great Quantity of Humours and swelling up the Habit of the Body.

We shall begin with *Hypochondriacal* or *Melancholy* Persons, to which Class *Hysterical* likewise may be reduc'd, such we find to be much eas'd when their Bodies are rendred perspirable by *Warm Bathing*.

The learned and accurate Dr. Sydenham \* says, " That this Disease is not only very frequent, but so strangely various, that it resembles almost all the Diseases poor Mortals are subject too.

It chiefly proceeds from a Confusion of the Spirits, upon which Account too many

\* Practice of Physick Edit. 8. p. 302.

of them are crowded in an undue Proportion, and are hurried on violently upon this or that Part, causing Convulsions and Pain, where they rush upon Parts endued with exquisite Sense, perverting the Functions of the Organs, both of that they thrust themselves into, and also that from whence they departed, both being much injur'd by this unequal Distribution, which is altogether contrary to the Oeconomy of Nature.

The Difference in *Hypochondriac* Persons is observ'd to be very great as to the Constitutions of their Solids, and therefore they must be differently treated in order to their Cure. In some the Fibres are drawn up a great deal too streight, and differ not much from *Maniacs*, others have too lax a State of Solids, especially of the cutaneous Fibres, and is generally owing to too tender a *Regimen* and wearing too thick Apparel, and Flannel next the Skin, than which nothing is more hurtful. In the former *Warm Bathing* and a moist soft Diet must be serviceable, because they relax the Fibres and give a free Passage for *Transpiration*, the Matter of which when retain'd, not only irritates the Membranes, and occasions sharp Pains, but also so much disturbs the orderly Vibrations of the Solids, as to occasion irregular Motions and Reflexes of the nervous



nervous Fluid towards the Brain; whereby the Representations of external Objects are confus'd, and Fear, Anger, or the like frequently excited, when there is no just Occasion for such Passions. But in the latter Sort, relaxing Methods are hurtful, because the nervous Fluids are too much wasted already by the Openness of the Pores, the Want of which very much spoils the Elasticity of the Solids, occasions Heavinesses, Flatulencies, and Indigestions; and frequently Consumptions; and upon any sudden external Cold, occasions Cholic Pains, and Distentions of the *Præcordia*. The Remedy here, is to strengthen and give a Firmness to the Solids, whereby the relax'd Pores may be drawn up that nothing may pass which ought not to go off that Way, and that the Juices may be digested and broke fine enough to perform their several Offices, and afterwards pass off by their proper Outlets; and this is best obtain'd by gradually coming into a *Cold Regimen*, a solid drying Food with generous Wine, the Use of Sub-astringents, and moderate Exercise.

*Warm Bathing*, says an ingenious Author\*, has often been us'd with Success in the *Scab*, *Leprosy*, *Elephantiasis*, and most De-

\* Dr. Wainwright, *Non-Nat.*

*sedations* on the Skin, in Variety of Pains, as chronical *Rheumatisms*, *Gout*, *Sciatica*, *Lamenefs*, from either too great *Contractions* or *Relaxations* of the *Tendons*, *Scorbutical Atrophies*, &c.

Another excellently learned *Physician* † takes notice that *Paralyticks* have found Relief by *Warm Bathing*, if the Parts have not been too long weakned, the Solids emaciated, and Spirits exhausted thereby, and it happens, because the Nerves being relax'd and obstructed are put into Tremblings and Vibrations afresh. Nothing can more effectually shake off an adhering Viscid, than the Motion of a Vessel; and as the *Warmth* dissolves the Fluid, it also gives a proper Shock to the Nerves, and shoves on the stagnant Matter, and they begin afresh to execute their Function.

In Contractions of the Limbs, where the Joints become inflexible by a strong Impaction of Humours, which by Length of Time have grown tough and dry, and have thereby stiffned all the Tendons, and shrivell'd them up to a great Degree; it is found that *Warm Bathing* by thinning the Juices, by making the Fibres capable of sending the Parts which had taken up their Residence there, into the Mass of Blood again; and by enlarging their Dimen-

† Dr. Strother on Sickness and Health.



*Warm Baths are useful.* 121

sions every Way, has given such Relief that many of the Patients have left their Crutches behind them as lasting Monuments.

*Warm Bathing* is also proper in the *Fluor Albus*, because it is an Effect of relaxt Glands spuing out a Quantity of Liquor proportion'd to their Orifices; and after proper Means us'd internally an Immerfion as warm as they can bear it, contributes to draw a Flux of Humours to the Pores of the Skin, and diverts of Course a Flux to the *Uterus*. And moreover so warm a Fetus crispates the Fibres of the *Uterus* with its Glands, and relieves their Flagginess, and furthers a Cure.

The Powers of Heat and Cold may each under different Circumstances either harden and contract, or soften and relax the Solids: But the excessive Dryness of the Solids, whether it proceeds from Heat or Cold, always hardens and contracts them, and excessive Moisture or redundant Humidity has the quite contrary Effect.

*Windy Cholicks*, and *Wind* in the *Stomach*, are assisted by *Warm Bathing*; as Warmth takes off the Flatulency of Liquors the Heat raises up the Viscosities in which the Wind is lodg'd, and evaporates it; so that such Persons are observ'd to void it by the *Mouth* and *Anus*.

Such

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Such white Swellings of the *Joints* as are cur'd by *Bathing* are a fair Proof that *Baths* discuss and contract the Fibres, and by their softning and dilating contracted Limbs, shew that they likewise relax; However these different Effects don't depend only upon their opening Obstructions, but upon the different Warmths of the *Bath*, which has been already observ'd to contract, or relax, as the Heat is exceeded, or is moderate.

*Baglivi* \* tells us, nothing more certainly gives Relief, and more effectually promotes the passing of Stones in a Nephritic Fit, than *Warm Bathing*.

*Dolor Colicus fere semper mitescit in Semicupio*; and that recent *Diarrhæas*, and *Dysenteries* after other Methods failing have found Relief. He says likewise, there is a great Consent between the *Intestines* and the *Skin*, for it is always found that an increas'd Discharge by one, must lessen that of the other, and nothing more common than a Looseness upon an obstructed Perspiration; therefore it is not unlikely to remove the Cause by encreasing Perspiration, which *Warm Bathing* cannot fail to do.

He farther takes Notice, † that *Diarrhæas* from immoderate Grief are incurable, and that

\* De Praxi Medica p. 70.

† Ibid. p. 76.



principally from a Suppression of *Perspiration*. Grief contracts the Skin, as all troublesome Passions of the Mind do, and the perspirable Matter being retain'd, will be thrown upon some other Glands, and if upon the Intestines, must consequently continue a *Diarrhœa*.

Amongst the many Advantages of *Warm Bathing* this may justly be reckon'd one; an entire Refreshment after Weariness with long Riding, or Exercise; such a Person will immediately become as lively and active as he was before, for Weariness is nothing else but an over stretching of the *Fibres* by using them too long, or too violently, and of Consequence must go off again upon their being relax'd to their due Tone; and 'tis for the same Reason that Sleep has the same Effect.

*Warm Bathing* is likewise famous for the Cure of *Barrenness*, which it has frequently done in such as have even despair'd of having Children. And is allow'd to be of great Service in all such Weaknesses as attend the *Female Sex* in particular.

There is nothing more readily relieves old *Aches*, *Pains*, or *Bruises*, than *Warm Bathing*.

It is of excellent Use in all *Inflammations* and *Obstructions* in the *Bladder*, *Kidneys*, or *Intestines*, *Lameness* of the *Limbs*, *Pain* and *Weakness* of the *Back*, from the *Scurvy*, or wandering

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wandering Rheumatisms, by causing a freer Perspiration, by opening the Pores, and unloading the Vessels, by promoting *Circulation, Secretion* and *Nutrition*, and when the Actions or Uses of any Part are deprav'd, or almost abolish'd by any of the former Distempers, nothing so readily, or more delicately reduces them to their pristine Activity than this Practice.

Dr. Porter, an illustrious Member of the *College of Physicians* \* has wrote excellently well upon the good Effects of *Warm Bathing* in *Bilious Cholicks*, some of whose Cases I shall take leave to transcribe in the following Chapter.

*Physicians*, both *Ancient* and *Modern* agree, that there are too general continent Causes for most of our Diseases, one is produc'd when the vital Powers too highly concoct, and as it were volatilize our Aliments. And the other, when our Food and the rest of the Non-naturals are too powerful for our Strength to encounter with; for then our Juices acquire such a Disposition as the Aliments themselves would do by a moist Warmth, that is acid and glutinous; from whence the *Fibres* become lax and weak, and the Motion of the *Fluids* of Consequence must be slow, as in the former

\* Vid. *Medical Essays*, printed at *Edinburgh*, Vol. III. p. 357.

quick,



quick, and the *Fibres* rigid: 'Tis evident therefore that we must be careful to maintain the same Distinctions in our Practice, and endeavour to relax the Solids when too rigid, and to brace and restore the over languid *Fibres* when too much relaxed. These two Points are attainable by the different, and as it were contrary Means of *Warm* and *Cold Bathing*. Tho' 'tis nicely to be observ'd, that they are both of them often necessary in the very same Cases that will admit of no Relief from the Use of either alone; but when properly us'd in Conjunction, they often effect most surprising Cures, which appears to be real fact, from a Variety of Instances at my own *Baths*; and may be farther illustrated from the beautiful Reasoning of Sir *John Floyer*, where he supposes a *cold, clammy, tenacious* Humour to be fixed, and that it never can be removed by a *Cold Bath*, but rather to be stiffned and made worse by it; but when relaxed and softened by the penetrating Power of a *Warm Bath*, the Viscosity of such Humours are melted down and thrown off, by unbracing the *Cutaneous Emunctories*, upon which is immediately communicated an agreeable Sensation to the *Fibres* in general. Then indeed like Winter succeeding Summer, the *Cold Bath* may be seasonably advis'd; from whence we may rea-

sonably

sonably conclude that the *Warm Bath* lays the Foundation, and *Cold Bathing* as effectually completes the Cure.

The Curious may find this Method of Practice highly recommended by the *indefatigable Dr. John Chesbire* \* in his *Treatise upon Rheumatisms*; he tells us that “ *Rheumatick* or “ *wandering Pains* in different Parts of the “ *Body*, without a Fever, will sometimes “ *elude the Power of Cold Bathing*, though “ *assisted with the most potent Medicines* suitable to such a Case : Though, if the *Warm Bath* was first used, as I have often experienced, I am persuaded there is no Intention, “ *under these Circumstances*, but what the “ *combin'd Force of Hot and Cold Bathing*, “ *with the Help of a little Physick*, will effectually answer. The Blood from *Hot* “ *and Cold Bathing* is in different Degrees of “ *Velocity*; the cutaneous Passages are expanded, the perspirable Evacuations increased, and other Secretions encouraged in the “ *Execution of their assigned Duty*; by “ *Means of which*, the viscid Particles of “ *the Blood* are comminuted, and made “ *fit to be convey'd out of the Body* by the “ *excretory Passages*, according to the Form,

\* Vid. page 130.

“ Bulk,



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“ Bulk, and Magnitude of each Particle, and  
“ the Capacity of each exonerating Vessel.  
“ *Warm Bathing* does manifestly open the nu-  
“ merous Orifices of the secretory Outlets up-  
“ on the Surface of the Skin, and free those  
“ Pores from a viscous Matter, which is apt  
“ to lodge in them. When these cuticular  
“ Sluices are perpetually kept open, the Blood  
“ and the other Fluids will have a freer Cir-  
“ culation, and a greater Liberty of dischar-  
“ ging some of the impure Parts; which will  
“ be of Service to the *Oeconomy*, to drive out  
“ of her Territories. Hence many kinds of  
“ *rheumatick* Aches, old wandring Pains,  
“ and Limbs influenced by Contraction, or  
“ Relaxation, with many other accidental At-  
“ tendants of Lameness, may, with a few  
“ auxiliary Medicines, be entirely subdued,  
“ and Health and Vigour surprizingly succeed.

Dr. Morgan\*, in *glandular* Diseases or *scor-  
butick* Disorders prescribes *Hot* and *Cold Bath-  
ing* in a different Manner to what has been  
already advanced. He has treated this Sub-  
ject very accurately, to which learned Work  
I shall for Brevity Sake recommend the Rea-  
der. His first Intention in this Practice is to  
*dissolve*, *attenuate*, and carry off the *scorbutick*

\* Vid. *Mechanical Practice of Physick*. p. 354.

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*Concretions*, in the cuticular *Glands* and *E-munctories*, which he judges is best obtained by *Hot* and *Cold Bathing* immediately succeeding one another. " Let the Patient be put  
 " into a warm or *Hot Bath* for half an Hour,  
 " or forty Minutes, till the Pores are all o-  
 " pened, and the Sweats are moderately raised  
 " and brought out. And then let him be  
 " taken out, and immediately *immerfed* in  
 " *Cold Water* for half a Minute, or just Time  
 " enough to dip the Head two or three  
 " Times; and then taken out again, and put  
 " to Bed, in order to keep up a pretty free  
 " flowing Sweat for three or four Hours, to  
 " be maintained and supported with any of  
 " the common warm Diluters, such as Sage  
 " Tea, Wine-whey, Poffet Drink, &c."

Many more Diseases I might enumerate where *Hot* and *Cold Bathing* would be necessary, either separately or conjoined. But as I purposed this Collection to be short, I hope the Cases here recited are sufficient to evince the Efficacy of *Warm Bathing* in proper Circumstances. But before I dismiss this Subject it may not be improper to adjoin some Diseases incident to *Children*, and especially the *Rickets*, which is too often and too shamefully contracted from bad Nursing. A Specimen of which, as an useful Caution, shall conclude this Chapter.

*Chil-*



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*Childrens Diseases*, as *Weakness* of the *Limbs*, *Big-bellies*, *Crookedness*, *Contractions*, *Rickets*, &c. seldom fail of Benefit by *Warm* and *Cold Bathing*, which strengthens, enlivens, and preserves them from being Cripples, who could neither stand or go before, from *Weaknesses* and *Relaxations*.

In the *Rickets*, the *Abdomen* in the first Place swells and grows hard, and soon after the *Bones* of the *Head* or *Cranium* are tumefied, enlarged, and become thicker and softer than ordinary, with unequal fleshy Protuberances especially about the *Sutures*. At the same Time the other *Bones* in general chiefly about their Joints or Inosculation follow the same Fate and are affected in like Manner. The *Bones* in this Case seem to suck in Water like a Sponge; while they are enlarged, tumefied, and weakened, they become so soft and flexible that they are easily incurvated and take any wrong Position, just as the Weight and Dependence inclines them. This preternatural Disposition of the *Bones*, once tumefied, incurved, and weakened, becomes at length incapable of sustaining the Action of the *Diaphragma* and *intercostal Muscles*, from whence the *Thorax* is more streightned and the Respiration impeded.

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In the Time of King *Charles* the First of ever blessed Memory, Dr. *Baynard* \* tells us the *Rickets* were almost *epidemical*, few Families escaping it; especially the better Sort whose Children were put to nurse; that they spoil and destroy, through Neglect and Want of (true Mother) Tenderness, two Thirds of the poor Infants committed to their Care. It is not to be thought how many of them are *sacrificed* yearly to the barbarous Treatment and ill Usage of some Nurses. Besides the Numbers that are destroyed by swathing and rolling in Flannel, nay Flannel upon Flannel, and laid to Bed in Harness. By this Method it is impossible the Chest should be expanded to its full Stretch in Inspiration; so consequently cannot grow to its due Extent. But the Lungs have full Liberty (they cannot be rolled) and so grow in Bulk, too big for the Chest in Breadth. From hence proceed Big-Bellies, large Heads, &c. The Nipples of the Breast are squeez'd, and the whole laid flat; the Glands are press'd and much injur'd; and sometimes these innocent Babes are overlaid, or choaked with hard Bandage, and the unhappy Parents kept in the Dark, and the *Murder* concealed. His Opinion is, that with-

\* Sir *John Floyer's* History of Cold Bathing. p. 336.



*Warm Baths are useful.* 131

out God's great Mercy, there are more Women damn'd for *Child-destroying*, than saved by *Child-bearing*. Do they know what they do when they foolishly or wickedly destroy a Child? Who knows what this Child might have come to? They may rob Heaven of a *Saint*, the Throne of a *Prince*, the Church of a *Bishop*, and the Bench of a *Judge*, &c. Great Men and good Men have sprung from mean *Parents* and small *Beginnings*, yet have been instrumental to save a Kingdom; Examples which History is full of, &c.

C H A P. VIII.

*A Specimen of Cures by Warm Bathing.*

I SHALL illustrate this Chapter of Cures, with some Observations of the ingenious Dr. Robert Porter concerning the Efficacy of *Warm Bathing* in *bilious Cholicks*; taken from the *medical Essays*, where the Reader may find that curious Account at large \*. The following Extract I hope will suffice for this Place.

It is not my Design, says he, to describe the several Kinds of Cholicks, their Contradistinction from each other, and their different Me-

\* Vid. p. 357.

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thods of Cure; my Purpose being to recommend one particular Method of managing the bilious Cholick, and those severe ones, whose Cure depends upon procuring an entire thorough Discharge of that acrid Matter within the Intestines, that causes the Disease (though not properly bilious, because unattended with such Vomiting) which seems but little attended to, yet will appear from Reason and Experience to be so highly useful, and so absolutely necessary, that this Distemper ought never to be treated without such additional Assistance.

The Description of this Disease by Sydenham \* is so just, that in this Point nothing can be added to it. It will also readily be confessed, that the grand Indication of Cure, is to obtain an open Passage through the Intestines for a perfect Discharge of that acrid irritating Matter contained within them. As this therefore is the true Cause of the Disorder, to the grand Point of its Evacuation should the whole Method be directed.

But such is the Alteration produced in the Cavity of the Bowel, by the constant sharp *Stimulus* of this acrid Matter, that it is not only contracted into an unusual Narrowness,

\* Sydenh. Sect. 4. cap. 7.

but,



but, if the Observation of Authors of unquestioned Veracity may be credited, the Coats of the affected Intestine have been found, upon Dissection, so closely joined, and so entirely precluding any downward Passage, as if they had been strongly † girt round with a Ligature.

If such then is the Bowel's Contraction in the Severity of this Disease, one grand important Point to facilitate this Evacuation, on which the Cure must turn, seems to be the *Removal of that Stricture*; and by relaxing the Tightness of the Intestine, to procure a freer and wider Passage for the Discharge. For unless this be jointly endeavoured in Conjunction with the other Method of Cure, I apprehend we do not assist the Patient with *all* that our Art might contribute to his Relief. Nor do I know any Thing so effectual to this desirable End as the *Warm Bath*; which is daily found so highly advantageous in some-what a similar Case; I mean the Discharge of Gravel from the Kidneys.

I shall give some few Instances, wherein I have experienced the Success of this collateral Aid of the *Warm Bath*: The first I produce is the Case where I first used it for this Purpose;

† Vid. *Præyer. de Gland. intestin. cap. 9. p. 81.*

and the happy instantaneous Relief was as far as a Matter of this Nature can be proved, evidently and entirely owing to it.

July 13. 1731.

CASE I. A Gentleman of Spittlefields, about 30, of a moderate Habit of Body, by drinking adulterated bad Wine in a Journey was immediately seized with a violent Pain in the smaller Bowels; which increased daily, attended with an entire Costiveness: On his Return he immediately applied to his *Apothecary*, who prudently attempted to remove the Obstruction by various pertinent Methods; as *Bleeding*, and the Stimulus of rougher *Catharticks*, which proving ineffectual, he tried the *laxative Method* of more lenient *Medicines*; a Solution of *Manna* in purging *Waters*, attended with oily Draughts; not omitting the proper Use of *Opiates*, to relieve the convulsive Spasm of the Intestine; he had also injected several Clysters of the softer and the strongly irritating Kind—in vain. I found him in the utmost acute Pain, as if a Cord had forcibly been strained round the *Abdomen*, attended with frequent Vomiting of yellow, viscid, bilious Matter; and attempted once more the Effect of a smart Cathartick, (*Extract. Rudii Drachm. Sem. Calomel gr. xv.*) followed with a *Decoct.*

of



of *fol. Senn.* and *Rad. Rhei.* with the Addition of *Elix. Salut.* and *Syr. Ros. Sol.* of which he took two Spoonfuls every Hour. I waited on him in the Evening, but he had received no Manner of Benefit from this Method, his Torture continuing without any Abatement, with the same inexpressible Agony. I resolved therefore to try what might be the Advantage of a *Warm Bath*, by relaxing the Intestine, and opening the Passage: One was instantly prepared from a Decoction of the most emollient Plants; and such was the happy Consequence, that even while he was in it, he had a loose Stool soon followed by five more, tho' he had but one for ten Days before. This copious Discharge terminated his Disorder; the remaining Tenderness of his Bowels being soon relieved by an *Opiate* and a Solution of *Sperm. Cœt.*

August 28. 1731.

CASE II. I visited — *Eaton* a Child not quite five Years old, who was seized the 22d of the same Month with a violent cholicky Pain immediately after eating two large raw Codlings: Several Clysters had been ineffectually thrown up, and several Catharticks as fruitlessly taken internally; for the Child had had as yet no Stool: I found the *Abdomen* greatly swelled and hard, with excessive Pain; the

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Pulse was frequent and strong; the Respiration quick, laborious, and indeed struggling. Bleeding was immediately performed; and the Blood drawn away was covered on its Surface with a leathery Substance, equally thick and hard with that of any adult, robust, pleuritick Patient I had ever attended. He took instantly *Pil. Coch. Min. gr. viii. Calomel. gr. iiii.* in the Form of Pills; and within an Hour began the Use of the Mixture following: *℞ fol. Sennæ Drach. i. Rad. Rhei Scrupul. i. coque in aq. fontan. q. s. ad Colaturæ unc. iiii. Adde Elix. Salutis. Mannæ an. unc. Sem. f. Mistura Sumat. Coch. ii. omni hora donec responderit Alvus.* A Warm Bath was prepared from a Decoction of emollient Plants; he drank also frequently a Solution of *Manna Unc. Sem. in Unc. iv. of Decoct. Pectorale.*

In a few Hours, after twice using the *Semiscupium*, and taking a proportionable Quantity of the other Medicines, the Obstruction was happily removed, and five copious Dejections concluded the Disease; the greatest Part of the Apples returned crude and unaltered, with the Stools.

*October the 3d 1732.*

CASE iii.—*Casseck*, a Plumber about forty, was seized *September the 30th* with a violent Cholick, soon aggravated to great Intensity of Pain; either alternately fixed and contract-



ed to a Point, or strongly surrounding the *Abdomen* like a tightned Girth, and had received no Evacuation by several Catharticks and two Clysters administred to him. The keen Severity of his Pain extorted loud and constant Skreams from him. His Pulse was strong and full; wherefore Blood was immediately drawn, and a Dose of *Pil. Coch. Min. cum Calomel.* prescribed: an Hour after which he entred on the Use of the following Medicine: *Rx fol. Sen. Drachm. iii. Rad. Rhei. Drach. i. coque in aq. fontan. q. s. ad Colaturæ Unc. vi. Adde Elix. Sal. Unc. i. Sem. Mannæ Unc. i. Sal. Glauberi Unc. Sem. M. Sumat Cochlear iii. post elapsam à pilulis Horam, dein Coch. iii. omni hora.* He used the *Semicupium*, made of emollient Herbs, twice in a Day, half an Hour each Time.

4th,——His Agony increased so violently last Night, that five Men could with Difficulty over-power his Struggling, and detain him in Bed: To quiet this Severity I ventured on *gr. i. Sem.* of crude Opium; by it his Pain was greatly mitigated this Morning, but without any Stool. He continued this Day in the constant Repetition of the same opening Mixture and the *Bath*, as before: Whence the Morning of the next Day he had five large Stools, and with them an End of his Misery and

and Disorder. A Solution of *Sperma Coeti* finish'd his Cure, by removing the remaining Soreness of his Bowels.

May 3. 1733.

CASE IV. — Lord, a Plumber also by Business, a robust Man, about thirty five, was taken with a strong Pain in the smaller Intestines, April the 29th, that seem'd like a tight Bandage to gird the Abdomen round. He was the Patient of an *Apothecary*, to whom I had frequently and strenuously urged the Use and Necessity of *Warm Bathing* in severe Cholicks. He had therefore from the Beginning prudently join'd this with the other Method of strong Catharticks, but without any Effect: I found his Pulse hard and strong, his Pain increas'd to perfect Agony, either determin'd to a Point, and piercing his Body through, or at other Times binding forcibly the Abdomen round. I attempted his Relief in the following manner,  
*Extrabantur è Brachio sanguinis Unc. xvi. statim. ℞. Extract. Rudii Scrup. i. Calomel. Gr. xv. f. Pil. statim sumend. Superbibend. prorsus nihil. Tribus verò elaps. horis capiat Coch. ii. Mixturæ sequent. ℞. fol. Sen. Drach. iii. Rad. Rhei. Drach. i. Sal. Glauber. unc. sem. coque in aq. fontan. q. s. ad Colat. unc. vi. adde Elixir. Salut. unc. i. Sem. Mannæ unc. i. m.*  
 2 Cap.



*cap. Cochlear. ii. omni hora. Pergat in usu Semipii.* This he us'd half an Hour twice or thrice a Day.

4th —As yet he found no lasting Abatement of Pain, tho' the Bath constantly mitigated his Agony, while he continued in it; nor was any Stool obtain'd, though he had taken the whole of the opening Mixture: Wherefore the following more quickning Medicine was prescrib'd.

℞ *Extract. Rudii. Calomel an. Scrup. i. Res. Jalap. gr. vi. f. pilulæ quamprimum sumend.* ℞ *fol. Sennæ unc. Sem. Rad. Rhei. Drach. ii. Sal. Glauber. Drach. vi. Coq. in aq. font. q. s. ad Colat. unc. ix. Adde Elixir Salutis unc. ii. sem. Mannæ unc. ii. m. f. Mistura; cujus cap. Cochlear. ii. post tres, ab assumptis Pilulis, Horas 3 dein omni hora.*

He still kept to Warm Bathing as before. I visited him again in the Evening, but found no Benefit yet received, the intestinal Obstruction continuing equally obstinate with equal Pain. His Pulse remaining still full and hard, *unc. xii.* of Blood were again drawn away, which like the first was greatly inflamed; he continued still in the constant Use of the aperient Mixture. The next Morning his Body was happily opened, yet not before a Consumption of one and a half of the last prescrib'd Medicine:

So

So difficult was it to get an open Passage! Yet the following Day our Patient complaining of a Pleuritick Pain, and his Pulse continuing very hard, strong and full, his Vein was opened a third Time with Success.

I have thus honestly related a few Cases, wherein, I apprehend, the *Warm Bath* did considerable Service: Its remarkable Advantage in the first Instance sufficiently encourag'd me to make repeated Trials of its Efficacy; and I am convinc'd it ever greatly assisted and promoted the Operation of Catharticks, and greatly forwarded the Patient's Recovery.

I am far from attributing these Recoveries singly to the *Bath*, exclusive of the Help from internal Catharticks: But when I consider the very Nature of this Distemper, the Manner in which it affects the Intestine, the Continuance of the obstinate Costiveness, the Severity of their Torture, (ever mitigated by *Bathing*) and the large Quantity of Catharticks of either Kind taken before the Passage was made; I cannot help concluding the *Semicupium* was really and highly useful in their Relief; greatly forwarding their Cure, and preventative of worse Consequences that would have arisen from a continued unremov'd Obstruction. In this single View of an *Assistant* to the other Methods of Cure I endeavour only to propose it.

*The*



*The following is an exact Recital of some Cases that came under my Inspection, at my own Bagno.*

CASE V. A single Woman about twenty five Years of Age, of a delicate Constitution, was suddenly taken with a violent Pain of the Head, an unequal and low Pulse, Belchings and Loss of Strength and Appetite, Pains on the Limbs with an universal Coldness and Numbness, which to her great Surprize soon terminated in a bad Sort of cutaneous Eruptions; many excellent Medicines had been order'd by her *Physician* without any manifest Advantage; but at last she was prevail'd upon to submit to the Use of *Warm Bathing*; a medicated Bath was accordingly prescribed, together with some *Sweetners* and *Antiscorbuticks* to be taken during her *Bathing*, which soon had its desir'd Effect: She was not only restor'd to a good State of Health, but her Skin was render'd exquisitely soft and smooth, and perfectly freed from any leprous *Defædations*.

CASE VI. A young *Gentlewoman*, of a weak and tender Constitution, had for four Months labour'd under an universal Weakness and Stiffness upon her Joints, though not in the least

least tumefied, her Ancles in particular were so much affected that she could not stand without the greatest Difficulty. My *Warm Bath* was advis'd, and after proper Remedies prescrib'd, she continued Bathing in a *medicated Bath* by Intervals for near three Weeks and was happily recover'd.

CASE VII. A certain young *Gentleman* so far impair'd his Constitution by some Irregularities in Life that he almost intirely lost the Sense of Feeling; his Limbs in general were extreamly weak, and more especially his Legs, so that he could scarcely set one Foot before the other. He was recommended to the *Warm Bath*, and after due Preparations, he bathed ten Days with great Encouragement; but his Business not permitting a longer Stay, he return'd home, though some small Time after, I had the Favour of his Company again for the Benefit of the *Cold Bath*; and after half a Score Immersions was absolutely restor'd to his former Health and Vigour.

CASE VIII. A *Gentleman* of about forty Years of age had been for some considerable Time extreamly afflicted with a *scorbutick Melancholy*, and constantly attended with a Coldness and Numbness in the extream Parts, an obscure Pulse, great Dejection and Sinking of Spirits,



Spirits, Lassitude, &c. He was advis'd the *Warm Bath*, and to drink of our *mineral Waters* with a proper Course of Remedies, all which he exactly complied with, and within the Space of six Weeks became sprightly and healthful.

CASE IX. Mr. — *Rodal*, a Bricklayer at *Ubbeston* in *Suffolk*, by a Fall from a *Scaffold* upon a Stone Pavement was much bruis'd, and under great Affliction; one of his Legs and Thighs remain'd very stiff and numb, the Thigh itself was a little wasted, and his Ham so contracted that he could scarcely set his Heel upon the Ground when he walk'd, which was always with great Difficulty. He had been under the Care of a neighbouring *Surgeon*, but to little Purpose; about six or eight Months after he was recommended a *medicated Warm Bath*, and upon the first *Immersion* (from its penetrating and relaxing Quality) he was sensible of some Relief, and after eleven Days *Bathing* found an agreeable Warmth in the Parts affected, and recover'd Strength so as to walk without Pain.

N. B. This speedy Success was a sufficient Inducement for a longer Continuance, but Business would not permit.

CASE X. Mr. *John Gordon* of *Metfield* in *Suffolk*, aged 70 and upwards, was for eight Weeks indisposed with a fixed Pain upon his Hip, and for the Space of a Month after it extended from his Loins to the End of his Toes, his inexpressible Misery confined him to his *Bed*, upon which he was brought to the *Bath*, not being able to help himself in any respect; he could neither stand or sit in any Position, but after a Fortnight's Use of a medicated *Warm Bath*, and then some few Cold Immersions, he perfectly recovered his former Strength and Vigour, remains to this Time in perfect Health, and capable of following his Business in all Respects.

CASE XI. Mr.—*Betts* of *Homersfield* in *Suffolk*, aged about Sixty, had been very lame from a violent Pain upon his Hip and Thigh, which sometimes extended to his Ankle, and often so acute as to prevent his walking; he desired a Trial of my *Warm Bath*, and after taking a few proper Remedies, I prepared him a medicated *Bath*, and the very first Day he found no Occasion for the Staff he formerly walked with, his Pains insensibly vanished, and upon *Bathing* three Times after was perfectly easy.

CASE



CASE XII. Mr. Richard Dring of Woodton in Norfolk, about fifty Years of age, from taking a violent Cold had a severe pungent Pain fix'd upon his left Knee, from thence it descended into the Foot, soon after it retreated into his Shoulders and there exerted its *Tyranny* for some Time; after which it became almost universal: he was happily under the Care of Dr. Howman of Ditchingham who judiciously treated him with all proper Remedies, to which he subjoin'd the Use of my *Warm Bath* (*alternis Diebus*) medicated with Discutients &c. for three Weeks. Some little Time after he prescrib'd *Cold Bathing* for about a Fortnight which effectually compleated a Cure.

## C H A P. IX.

*Of Sweating in Bagnio's or Hum-  
mums.*

**I**N the first Part of this *Essay* having given a short Sketch of the *Roman Bagnio's*, I shall now give a Description of some other foreign *Bagnio's* with their Method of Practice. I shall begin with the *Indian Manner*, who are thought to be more incident to *Fevers* in particular than any other Distempers, and seldom fail of Cure by their own Methods of *Sweating* and *Bathing*.

In the History of *Virginia* written by *R. B. Gent.* a Native and Inhabitant of the Place we have the following Account.

They take great Delight in *Sweating* and *Bathing*, and therefore in every Town they have a Sweating House, and a Doctor is paid by the Publick to attend it. They commonly use this to refresh themselves after they have been fatigued with Hunting, Travel, or the like, or else when they are troubled with *Agues*, Aches or *Pains* in their Limbs, their Method is thus: The Doctor takes three or four large Stones, which after having heated *red hot* he places in the Middle of the  
Stove,



Stove, laying on them some of the inner Bark of Oak beaten in a Mortar to keep them from burning; this being done they creep in six or eight at a Time, or as many as the Place will hold, and then close up the Mouth of the Stove, which is usually made like an Oven in some Bank near the Water-side; in the mean While the Doctor to raise a Steam after they have been stewing a little Time, pours cold Water on the Stones, and now and then sprinkles the Men to keep them from fainting; after they have sweat as long as they can well endure it, they sally out, and (though it be in the Depth of Winter) forthwith plunge themselves over Head and Ears in cold Water, which instantly closes up the Pores and preserves them from taking Cold; the Heat being thus suddenly driven from the extreme Parts to the Heart, makes them a little feeble for the present, but their Spirits rally again, and they instantly recover their Strength, and find their Joints as supple and vigorous as if they never had travelled or been indisposed; so that I may say as *Bellonius* does in his Observations on the *Turkish Bagnio's*, all the Crudities contracted in their Bodies are by this Means evaporated and carried off. The *Muscovites* and *Finlanders* are said to use this Way of Sweating also: "It is almost a Miracle, says *Olearius*,

“ to see how their Bodies accustomed to and harden’d by Cold can endure so intense an Heat, and how that when they are not able to endure it longer, they come out of their Stoves as naked as they were born, both Men and Women, and plunge into Cold Water, or cause it to be poured upon them \*.”

The *Indians* also pulverise the Roots of a Kind of Anchuse or yellow Alkanet which they call *Pueccoon*, and of a sort of wild Angelica, and mixing them together with Bears Oil make a yellow Ointment, with which, after they have bathed, they anoint themselves *Capapee*; this supples the Skin, renders them nimble and active, and withal so closes up the Pores that they lose but few of their Spirits by Perspiration. *Piso* relates the same of the *Brasilians*; and Lord *Bacon* asserts that Oil and fat Things do no less conserve the Substance of the Body, than Oil-colours and Varnish do that of the Skin †.

Dr. *Baynard* ‡ mentions the like Practice in *Pensylvania*, as attested in a Letter sent him from Mr. *William Pen*, who in the Year 1683

\* Travels into Musc. lib. 3. p. 67.

† 2d Ed. p. 189.

‡ Sir *John Floyer*’s History of Cold Bathing, 5th Ed. p. 289.



(in the Time of the great Frost) had the Opportunity to visit an *Indian* of Note, the *Captain General* of the Clans of *Indians*, by Name *Tenoughan*; he found him ill of a Fever and just going into his *Bagnio*. Whilst he was there Sweating, his industrious Wife (for they disdain no Service) was labouring with an Ax to cut a Passage through the Ice upon an adjacent River, in order for his Bathing.

The *Bagnio's* at *Tunis*, *Algiers* and *Tripoli* are very grand and mightily frequented by the *Turks*, as well upon a Religious Account as for Health and Pleasure, their Religion obliging them to wash before they enter their Temples or perform their Devotions; and to these *Bagnio's* Foreigners also resort, where they are well accommodated, sweated and rubbed for a moderate Consideration. These *Bagnio's*, we are told \*, differ much in their Dimensions, and the Beauty of their Buildings, according as they are frequented; but the Form and Management are the same in all. A Gentleman is first brought into a handsome large Room, where he is led into another Room moderately warm; and after some little Time into the Grand Hall, covered with a Cupola; in the Middle whereof is the *Bath*, the Floor is pa-

\* Vid. *Salmon's Mod. Hist.* Vol 27. p. 374.

ved with white Marble, as are the little Rooms or Closets in the Sides of it, where People are washed and rubbed; the Person who comes to be *bathed* is first set down upon a marble Bench that runs round the Hall, and is soon sensible of some extraordinary Heat, which makes him sweat plentifully. Then he is carried into one of the side Rooms or Closets of a moderate Heat, where a Linnen Cloth being spread upon the Floor, and his Towel taken off, he lies down at his full Length perfectly naked: Then two lusty Slaves as naked as the Patient come in, and kneeling down, wash and rub his Arms, Legs, and every Part of him with a Flesh-brush, taking off all the Scurf and Roughness of the Skin; then they wash him all over again, and after that dry him with clean Towels, &c. After which they pare his Nails, squeeze and mould his Flesh, and stretch and pull his Limbs with that Violence that his Bones crack again; and those who are not used to it, would be apt to think them all dislocated. This is looked upon to be exceeding wholesome; but if a Gentleman do not like this rough Management he may be more gently dealt with: The Women have also their several *Baths*, where they are attended by She-Slaves, and no Man is permitted to enter these, under the severest Penalties, upon any Pretence whatever. The



The Grandeur and Beauty of these Places (the rough Treatment only excepted) must greatly conspire to allure the Eyes of Strangers; but as the *Physicians* in our own *Island* are eminently superior in Learning to all other Nations, our *Baths* and *Bagnio's* may justly claim the Preference; neither do they want a decent Magnificence, proportioned to the different Ranks and Qualities of Patients that frequent them. And I modestly hope my own Conveniencies may, from numerous Facts, be allowed of equal Service to the Infirmities of Mankind; though the prodigious Variety of Nature's own Beauties closely surrounding a neat and commodious Building are not a little surprizing \*.

It may be necessary to observe that the Sweats procured in the Hummums, or hot Room, are vastly different and much more profuse than such as are promoted by internal Remedies; for by the cutaneous Emunctories being opened the Sweats are insensibly produced and gradually brought out from the Ducts of the miliary Glands; the Viscidity of the Juices are dissolved, and an agreeable Sensation communicated to every Fibre, without laying the least Stress upon the Solids. On the con-

\* Vid. The Appendix and my Letter to Sir *John Floyer*.

trary it may be considered that such Remedies as are taken internally cannot possibly have any Effect without accelerating the Blood and encreasing the Motion of the Heart; by which a Tension is brought upon the Solids, and the Motion of every Fibre of the Body is augmented.

*Warm Bathing* is generally prescribed immediately after Sweating, though sometimes it is omitted, which renders it impossible to give particular Directions for their Uses to all Constitutions, in all Cases, and at all Times. I shall therefore conclude this Subject by shewing the Reader the Manner of Sweating only: For which excellent Method I am infinitely obliged to a *Physician* of great Learning and Judgment, who from his own Experience and just Regard to Mankind in general, was so good as to send me the following Observations in *Latin*, which I hope will be acceptable to the Candid and Ingenious.

*Forma sudores excitandi in Laconico.*

1. **P**OST debitam ab arte Præparationem intret Ægrotus Laconicum jejunos, vel saltem non immediatè à pastu largiori.

2. Pavimentum operiatur herbis Menth. Melif. Salv. Lavend. &c. ejusmodi, è quibus



exhalentur vapores, ut singulæ Laconici partes  
blando madore caleſcant.

3. Calor gradatim intendatur, uſquedum  
fudores apparere incipiant.

4. Corpus admodum tranquillum teneat,  
ne Spiritus motu ſpontaneo exhaurirentur.

5. Humores è glandulis lenitèr manantes  
Linteamentis calidis ſunt abſtergendi.

6. Copioſè de ſequenti bibat apozemate, quo  
vires reficiantur, acrimonia obtundatur, et Lym-  
pha in vaſculis renovetur.

7. Tum poſtquam ſuaviter et ſine ullâ per-  
turbationis querelâ pro re natâ ſudaverit, Ther-  
mas ingrediatur herbis, &c. aromaticis im-  
pregnatas.

8. Deniquè modo ſolito ad Aerem revertat;  
Embrocatione idoneâ cuti univerſæ imbutâ.

*Apozema.*

℞ aq. Hord. tenuis lbiii. Vin. alb. Luſit. lbi.  
Syr. Lymon. ℥ij. Nuc. Moſch. pulv. ʒſs. Sacch.  
alb. q. s. *vel*

℞ Infuſ. fort. Capil. Ven. Canadenſ. lbij.  
Vin. Canarin. lbi. Syr. Aurant. Sevil. (ex in-  
tegro fructu facti) q. s. ad edulcorand.

A Letter from Dr. *Joseph Browne* of  
*London* to Sir *John Floyer* Knight  
 at *Lichfield*.

Sir,

“ I Read over your ingenious and learned  
 “ Essay to prove *Cold Bathing* both safe  
 “ and useful, with all the Pleasure and Satis-  
 “ faction imaginable. I was convinced long  
 “ ago of the great Advantages that might be  
 “ expected by the Introduction, or rather Re-  
 “ viving of the Use of *Cold Baths* into the  
 “ Practice of Physick; but have met with  
 “ great Opposition, not only from my own  
 “ Patients, who have hardly been persuaded  
 “ to such a severe Practice, but likewise from  
 “ many Physicians about Town, who oppose  
 “ the Use of *Cold Bathing* with all the Force  
 “ that *Theory* and *Hypothesis* can invent and  
 “ produce against plain Experience and De-  
 “ monstration to the contrary. I was glad to  
 “ find so great a Man’s Opinion squared so  
 “ exactly with those Sentiments I had already  
 “ retained of *Cold Bathing*, and which I had  
 “ all the Reason in the World to embrace as  
 “ the following Particulars will inform you.

“ I can-



*Recommendatory Letters, &c.* 155

“ I cannot forbear taking Notice of the  
“ probable Account you give, why the Use of  
“ *Cold Baths* have been neglected for near  
“ two Centuries together, especially since the  
“ Reformation, and the Invocation of Saints  
“ has been dis-used. Because the Generality  
“ of our Cold Springs in *England*, being de-  
“ dicated to some Saint or other, the Reputa-  
“ tion of the Well declined with that of the  
“ Saint; but still the Superstition of washing  
“ in those Holy Waters remains in several  
“ Parts of *England* to this Day.

“ *Nothing* is more common amongst them  
“ now, in the *North*, than to reserve *Bathing*  
“ till the Saint's Day which the Spring takes  
“ its Name from, as *St. Catherine's* near *Don-*  
“ *caster*; *St. Ann's*, *All-saints*, *St. Dominick*,  
“ near *Rotherham*, our *Lady's-Well*, near *York*,  
“ and many others, where they generally ob-  
“ serve the Custom of leaving something be-  
“ hind them, if it be but the Value of a Pin,  
“ by which Means they suppose they leave  
“ the Disease behind them too; which Cus-  
“ tom probably was derived from the frequent  
“ Attendance of the *Monks* then, as *Physici-*  
“ *ans* now at those Places, when it was cus-  
“ tomary to beg the Charity of the Rich that  
“ came there for Relief, that they might pray  
“ to the Saint for the quicker Recovery of  
“ their

# 156 *Recommendatory Letters, &c.*

“ their Healths, as is usual at this Time, in  
 “ several Places of *France* and elsewhere. So  
 “ that undoubtedly, the Dis-use of *Cold Baths*  
 “ came from the Discredit of their *Saints* of  
 “ later Times, together with the *Luxury* and  
 “ *Delicacy* of the present Age, which may be  
 “ attributed in a great Measure to the modern  
 “ Use of the hot *Regimen*, which, as you have  
 “ justly observed, has increased with the In-  
 “ terest of foreign Trade, which has intro-  
 “ duced *Tobacco*, *Tea*, and *Coffee*, with all  
 “ the *Brandy*, *Spirits*, and *Spices*. And the  
 “ Causes of all our *Rheumatisms*, *Defluxions*,  
 “ *Intermitting Fevers*, &c. are chiefly owing  
 “ to the late Practice of drinking hot Liquors,  
 “ and the pernicious Use of *Flannel*, and  
 “ *Woollen Shirts* next to the Skin, which al-  
 “ ways keep the Pores too open for the Cli-  
 “ mate we live in.

“ As to the Authorities you have produced  
 “ in Vindication of the ancient Use and Be-  
 “ nefit of *Cold Bathing*, I think they will ad-  
 “ mit of no Dispute. But I should think the  
 “ constant successful Practice of the common  
 “ People in the *North of England*, at this Day  
 “ Bathing in *Cold Waters*, is a sufficient and  
 “ living Authority for any *Physician* to lay a  
 “ Foundation for a general Practice.



*Recommendatory Letters, &c.* 157

“ As your *elaborate Essay* has prevented  
“ me from entering into Enquiries about the  
“ Antiquity and first Introduction of them a-  
“ mongst the Ancients; so my own Know-  
“ ledge and Observation has prevented me  
“ from entering into Disputes, whether or no  
“ *Cold Baths* are really necessary and useful in  
“ the Practice of Physick.

“ Give me leave then, Sir, to present you  
“ with an Account of what I have observ'd  
“ my self from the Use of *Cold Baths* in the  
“ several Parts of *England*; and to subscribe

*Your very humble Servant,*

*London, Dec. 15. 1706.*

J. BROWNE.

Sir *John Floyer's* Answer to Doctor  
*Joseph Browne.*

Sir,

“ I Have been lately very much concerned  
“ I for the Death of some Friends, that I  
“ could not answer yours so soon as I intend-  
“ ed, nor return you my Thanks for the Ser-  
“ vice you have done our Profession in com-  
“ municating many Cures by *Cold Bathing*.  
“ I cannot but believe the *Northern* Doctors  
“ have made many Observations about the  
“ various Causes, for which *Cold Baths* are  
“ useful, and that a long Experience has taught  
“ them

158 *Recommendatory Letters, &c.*

“ them many Circumstances in the Manner  
 “ of using *Cold Baths*, which we shall not  
 “ soon find out. I did believe you might  
 “ know many of them, and procure some  
 “ further Curiosities on that Subject, as their  
 “ Observations about the Cure of *Pocky Pains*,  
 “ *Leprosy*, *Madness*, the *Kings-evil*, &c. by  
 “ *Cold Baths*: I find the *Romans* used them  
 “ for the *Strumæ*, the Cures of *Chin Coughs*,  
 “ or *Convulsions*, by the *Cold Immersion*; the  
 “ Cure of *Blindness* and *Deafness* by *Cold*  
 “ *Baths*.

“ I have read a curious Story, which men-  
 “ tions, that in *Normandy* they immerse Fools  
 “ to cure them thereby. I have made many  
 “ more Collections both out of modern and  
 “ old Writers about *Cold Baths*; but I design  
 “ to present them to you towards Winter,  
 “ with such Experiments as I can make  
 “ this Summer; when I will consider Perspi-  
 “ ration, as it is alter'd by *Cold Baths*.

“ I have *Sanctorius's* Chair, and will try  
 “ any Experiment you will propose to me re-  
 “ lating to *Cold Baths*: In the mean Time I  
 “ will beg of you to collect from all your  
 “ Acquaintance *Matters of Fact*, to convince  
 “ the most obstinate how successful Physick  
 “ will prove when proper *Baths* are joined  
 “ with



*Recommendatory Letters, &c. 159*

“ with inward Specificks; and that *Cold Baths*  
“ must be used as well as *Cold Alteratives* in  
“ all the hot *Cacochymie* and Effervescencies  
“ of Humours, and great Rarifications of ani-  
“ mal Spirits. I have here cured a Girl of the  
“ *Rickets*, who is ten Years of Age, and ne-  
“ ver went without *Crutches* before. But I  
“ will say no more on this Subject, but that  
“ your Civilities to me in both your Letters,  
“ have obliged me to be

*Your Friend and Servant,*

*Lichfield, April. 8.*

JOHN FLOYER.

A Letter from Dr. Thomas Pearse to  
Dr. Joseph Browne of London.

Sir,

“ **Y**OURS of the 31<sup>st</sup> *ultim.* I received  
“ late on *Sunday Night*, which occa-  
“ sions my not answering your Request sooner.  
“ My Case is as follows, *viz.* In *June 1705*  
“ I was taken with very severe Gripings, at-  
“ tended with *Vomiting*, *Costiveness*, *Drought*,  
“ &c. which Symptoms I have since imputed  
“ to my drinking *Punch* over-sharp. I some-  
“ times found some interval of Ease by the  
“ Use of strong *Purgatives*, *Clysters*, and *A-*  
“ *nodynes*, but seldom free from excessive Tor-  
“ ture

160 *Recommendatory Letters, &c.*

“ ture above a Week, till about the latter  
“ End of *March*, 1706. After a very severe  
“ Fit I was deprived first of the Use of my  
“ Hands, my Fingers being so close contract-  
“ ed, as not being capable of being dilated,  
“ and afterwards of my Legs, with aching  
“ Pains from my Shoulders to my Finger’s-  
“ Ends, and from my Hips downwards. In  
“ this Condition I was removed from *Sheerness*  
“ to *London*, where, being treated by my *Phy-*  
“ *sicians* with *Emeticks*, *Clysters*, *Mercurial*  
“ *Boles*, *Pills*, *Ruffi*, *Bath Waters* in abun-  
“ dance, *Chalybeate Bitters*, *cum multis aliis*,  
“ for the Space of two Months, and finding  
“ myself still worse, my Stomach being nau-  
“ seated, and my Body emaciated to a *Skeleton*,  
“ my Spouse advised me to apply myself to you,  
“ to whom I was before an absolute Stranger : I  
“ must confess the Thoughts of *Cold Bathing*  
“ was very terrible to me, but when I reflect-  
“ ed on my long Illness, my acute Pains and  
“ my little Prospect of Recovery, I soon took  
“ your Advice, and was carried to Mr. *Bayns’s*  
“ *Cold Bath*, where (after my second Immer-  
“ sion) I could, without Help, open my Fin-  
“ gers, which had been so long contracted,  
“ and by a very little Support could walk a-  
“ bout the Garden, and in three Weeks was  
“ able to go abroad about my Business. And  
“ my



*Recommendatory Letters, &c.* 161

“ my Stomach encreased daily, I was then  
“ obliged to return to *Sheerness*, and, to com-  
“ plete my Cure, I immersed daily for three  
“ Months, when being very well recovered,  
“ to pristine Health and Constitution, I dis-  
“ continued the Use thereof, and since that,  
“ have remained in as perfect Health and Vi-  
“ gour as ever I was before.

“ Sir, I have here given you a perfect and  
“ true Account of my late Indisposition and  
“ Cure, as you have desired, and I hope you'll  
“ please to pardon the Manner and Indiffer-  
“ ency of the Style; what I have wrote has  
“ been to give you Matter of Fact. I have  
“ since made some particular Observations in  
“ my Practice from *Cold Bathing*, which in my  
“ next I will relate to you; in the mean Time  
“ I beg that you will please to believe that  
“ (with all imaginable Respect) I am, Sir,

*Your most obedient Servant,*

*Sheerness, June 11. 1707.*

THO. PEARSE.

A Letter from Sir *Theod. Colladon*, Knt.  
to Dr. *Baynard* at the *Bath*.

*Dear Doctor,*

“ **T**Hough you have had several *Experi-*  
“ *ences* of the good Effect the *Cold Bath*  
“ has produced in curing many sad *Distempers*

M

“ that

162 *Recommendatory Letters, &c.*

“ that no ordinary Remedies could remove,  
 “ I am sure you will take kindly from me  
 “ two *Instances* very curious, that I must give  
 “ you, to increase the high Opinion you have  
 “ of it, and it is on two *eminent Men* of our  
 “ own Profession; one is Dr. *Cyprianus*, that  
 “ for two or three Years was grown so in-  
 “ firm, and apt to *Fevers*, that Winter and  
 “ Summer he was forced to wrap himself up  
 “ in *Flannel*, and *Leatherdoom*, and upon the  
 “ least cold or windy Weather fell into vio-  
 “ lent *Fevers* and *Defluxions*. We gave a fair  
 “ Trial of the best Remedies, that by Sir *Thomas*  
 “ *Millington's* Advice join'd to *mine*, and to  
 “ several other *Doctors*, his Friends, we could  
 “ think of, without any Success. Two Years  
 “ together he went to the *Bath*; and drank  
 “ those *Waters* regularly, bathed in all the  
 “ *three Baths*, but still found no Benefit, ra-  
 “ ther worse. With much ado he was per-  
 “ suaded to try what the *Cold Bath* could do  
 “ in his Case, and in *twice* or *thrice* going in  
 “ even in the midst of *Winter* was so relieved,  
 “ that he has been already in it above a *hun-*  
 “ *dred Times*, and now is so well and so hardy  
 “ that nothing can hurt him; he has left off  
 “ all his *Flannels*, and in fine, he is well to  
 “ *Admiration*.

“ He



*Recommendatory Letters, &c.* 163

“ He persuaded *Signior Cayomy*, an eminent  
“ *Italian Merchant*, in the same Condition, to  
“ follow his Example, which he has done,  
“ and with the same Success. My *Father-in-*  
“ *Law Dr. Amyott* was troubled with such  
“ *Coughs* and *Defluxions*, that I never durst  
“ shave his *Head*, was persuaded by me, and by  
“ *Dr. Cyprianus*, to shave it, and bathe it with  
“ *Cold Water*, and found such Good by it, that  
“ he went into the *Cold Bath*, and now is free,  
“ and has not been so well these *ten Years*.

“ Another Instance I must add of Major  
“ *Sutton*, my Lord *Lexington's* Cousin, Major  
“ in Colonel *Webb's* Regiment, that had been  
“ seized with so violent a *Rheumatism*, that he  
“ not only lost the Use of his *Limbs*, but was  
“ in such violent *Pains* that finding no Relief  
“ by all the Remedies he used, he was carried  
“ and thrown in the *Cold Bath*, desiring, as he  
“ told me, to be *drowned* in it, if he had no  
“ *Relief*; but in *three Times* going in, he  
“ could *walk*, and came out without *Help*;  
“ and in *ten Times* went *abroad*, and I met  
“ him at Dinner at my Lord *Lexington's*,  
“ where he gave me this full Account; and he  
“ shall confirm it to you, when you please, so  
“ shall the two others, and many more, when  
“ we meet in Town, where I intend to con-

“ sult you with him, in order to try it my

164 *Recommendatory Letters, &c.*

" *Self* for my *Distemper*. As I write you this  
 " in Haste, yet you may make what Use of it  
 " you shall think fit; I must beg your Par-  
 " don, if it is not, perhaps, as exact as I could  
 " wish; but when we meet, will correct the  
 " *Faults*; and I wish you all Happiness, and  
 " abundance of good Patients. I am, my  
 " dear Doctor,

*Your most humble Servant*

*and faithful Friend,*

TH. COLLADON.



## THE

## APPENDIX.

**M**ANY of my leisure Hours have been engag'd in making Experiments upon our mineral Waters in order for an Appendix to this small Work, but a Gentleman of superior Abilities being so good as to favour me with the following excellent Observations, I hope they will be more acceptable to the Publick, and render any farther Apology needless.

Sir,

**I** receiv'd the Favour of yours June the 22d. I am much pleas'd with your Design, should be glad to communicate any thing worth your Acceptance by Way of Appendix; but as my Endeavours are in a Manner commanded on Account of the Number of Gentry now at your Bath, I send you the following Thoughts as Remarks upon your *mineral Waters*, which I only offer as short Hints for your indefatigable Genius to improve upon.

The immense Wisdom of Providence has not only constituted Water the universal Vehicle

for all our Food, but intrusts her with the purest Particles of Sulphur, Salts, and Steel, the Mines and Caverns she passes through, are oblig'd to communicate.

By the various Combination of these Principles, she is intitled to engage with all our Maladies, forcibly subdues the most obstinate, and such as baffle the most powerful Medicines.

But we always find that as Nature in her own Operations proceeds slow and secure, so the nearer we keep to that Rule, the greater the Success, upon which Account it has been the constant Practice both of the Moderns and Ancients to procure all Sorts of publick Diversions at Baths and Spaws, the more easily to detain the Patients with their Friends till Health returns; and thus we see in foreign Countries some of the more reasonable Sort will be advis'd to stay at these Places for Years together without any sensible Alteration, and at last obtain the Happiness they waited for.

We know again they must be drank at the Fountain Head, because no Art can preserve those finer volatile Particles from flying off, upon which alone is all our Dependence for opening the Obstructions in the smaller Glands and Capillaries, which are commonly the chief Cause of most of our chronical Complaints;  
besides



besides we find they soon precipitate after being expos'd to the Air, the Sulphur separates and swims at Top, and the Power of the whole destroyed.

\* The Necessity of drinking at the Spring itself still farther appears, by considering that Water alone cannot incorporate with Oils or unctuous Bodies (which is the Ground of all our Nourishment) so that a third Thing is wanting as a *Medium* to unite those two, and this must be capable of mixing either with Oil or Water, that is to say, it must contain the Principles of both, such are the Yolks of Eggs, lixivial Salts, and the Gall of Animals.

You daily experience the surprizing Effects of your Minerals in the Stomach by assisting the digestive Faculty; whence does this Power proceed, but from those delicate sulphureous or oily Particles blending themselves with those

\* They precipitate not in the Well, but immediately upon being expos'd to the Air they produce the Appearance of a beautiful Star, which gradually streaming down in a conick Form diffuses its self through the whole like a yellowish Cloud, which so obstinately adheres to the Sides of the Glas that 'tis with much Difficulty scour'd off again; and after standing some Time a Skim of various Colours arises to the Top, which together with the Smell are sufficient to prove the Existence of Sulphur; though this perhaps may be worth taking Notice of, that weigh'd in the hydrostatick Scales, they are lighter than other Waters, which probably may be owing to the Proportion of Sulphur out balancing that of the mineral Salts.

of our Food, and the Salts † bracing up the relax'd Fibres and comminuting the Juices to form them into Chyle, to be receiv'd by the Lacteals, whose Mouths are so exquisitely small as not to be discern'd by a Microscope magnifying an Object a thousand times, and cannot admit of any Fluid which is not rarified into a most subtil Vapour?

The numerous Benefits that succeed the Admittance of this Water into the Lacteals may be somewhat accounted for in the following Manner, first, by its primary diluting Property it thins the grosser Humours, secondly, the Oils sheath whatever is acrimonious either acid or alkalious, and thirdly, the Salts dissolve the Viscidities which obstruct the glandular Secretions, and the Motion of the Fluids in general in the smaller Capillaries; the different Variations of these being the genuine Causes of *rheumatic Pains, Palsies, Gout, Scurvies, Hedd-aches, Vertigoes, Heaviness of the Spirits, Vapours, Melancholy, Suppressions, Inactivity, Impotency, Colicks, &c.*

(†) The Experiments with Galls, &c. are commonly enough known; your Waters change almost to a black, or at least to a deep purple; besides after Filtration and Evaporation to near a Dryness, in the Residuum by a Microscope distinctly appear to the Eye Crystal Salts of a cubical Form, which if quite dry'd by Heat with the earthy Part, afterwards by the Moisture of the Air dissolve like Lixivials.



If then the internal Use is so powerful a Remedy, what must it be when accompanied with that of *Bathing* either *Cold* or *Hot* as the Case requires? What Numbers do we daily see from the most distant Parts of the World resort to these Places? All Nations allow their Power and strive to out vie one another in the Additions of Art; Animals themselves give their mutual Consent to this, Water is their only Drink, and *Bathing* their only Physick; and of late some of the more judicious of the learned have order'd with Success the Use of both *Hot* and *Cold* Bathing in the very same Distemper; and does not Nature shew us this? Are not the alternate Changes of Winter and Summer, Night and Day, analagous to this, and necessary for the preserving of the vegetable and animal Creation in their primitive Vigour and Beauty?

The Dose and Continuance of Drinking are best determin'd by the Patient's own Physician to answer such particular Intentions that lie before him; only this must be nicely observ'd, that they must not be heated, but drank immediately upon pumping up; the least Degree of Fire throws off their finer Particles, and when quite warm they become entirely vapid, and rather pall the Stomach and frustrate the grand Designs of Nature, than promote the  
animal

animal Functions and accomplish those noble Ends, which in itself it is capable of.

The Morning is agreed upon as the proper Time, beginning with a small Quantity, encreasing it to the Dose order'd, and then to abate by Degrees to what was first began with.

Sprightliness of Mind and Freedom from Care is a fine Preparation with the Physician's Advice.

Exercise is allow'd of by all to be serviceable, and such as least fatigues, because as they are diuretic from their Salts, the Serum ought not to be thrown off by Sweating, which Walking would endanger unless very gentle; so that a Coach or Chair or easy riding seem more reasonable, and certain Experience confirms it.

Lenient Purges ought to be us'd once a Week or thereabouts, which will cause a freer Passage for the Waters, and will carry off that Way such viscid Humours as are sufficiently attenuated, but cannot pass by Urine.

Sleeping at Noon is not permitted unless in a Chair, and then to such Persons only who have accustom'd themselves to it for many Years; because the peculiar Office of these Waters is to expel Superfluities after a good Digestion.

Lean People are often afraid of them because they are drying; but by removing the  
meseraick



meſeraick and hepatic Obſtructions, and ſtrengthening the Stomach, good Blood muſt of Neceſſity be the Conſequence, and from thence a vigorous Plumpneſs muſt enſue.

I don't ſee any Reason (as this can't be ſuppos'd to be an expreſs Treatiſe of Minerals) why you ſhould enumerate any more of thoſe elaborate Experiments you went through with the laſt Spring, 'twould lead you into almoſt an endless Task: However I beg leave to ſubjoin a few Lines tranſcribed from a Letter to a young Lady by a Gentleman at your Bath, where amongſt many Arguments to invite her thither, he deſcribes the Beauties of the Place in the following Manner.

“ Thoſe Lovely Hills which incircle the  
 “ flowery Plain are variegated with all that  
 “ can raviſh the aſtoniſh'd Sight; they ariſe  
 “ from the winding Mazes of the River *Wa-*  
 “ *veny*, enrich'd with the utmoſt variety the  
 “ watry Element is capable of producing.  
 “ Upon the Neck of this Peninſula the Caſtle  
 “ and Town of *Bungay* (now ſtartled at its  
 “ approaching Grandeur) is ſituated on a  
 “ pleaſing Aſcent to view the Pride of Nature  
 “ on the other Side, which the Goddeſſes have  
 “ choſe for their earthly Paradise; where the  
 “ Sun at its firſt Appearance makes a kindly  
 “ Viſit to a ſteep and fertile Vineyard richly  
 ſtor'd

“ stor’d with the choicest Plants from *Bur-*  
“ *gundy, Champaigne, Provence,* and whatever  
“ the *East* can furnish us with.

“ Near the Bottom of this is placed the  
“ Grotto or *Bath* itself, beautified on one  
“ Side with *Oziers, Groves* and *Meadows*, on  
“ the other with *Gardens, Fruits, shady*  
“ *Walks* and all the *Decorations* of a rural  
“ *Innocence.*

“ The Building is designedly plain and neat,  
“ because the least Attempt of artful Magni-  
“ ficence, would, by alluring the Eyes of  
“ Strangers, deprive them of those profuse  
“ Pleasures which Nature has already pro-  
“ vided.

“ As to the Bathing there ’tis a Mixture of  
“ of all that *England, Paris* or *Rome* could  
“ ever boast of; no one’s refus’d a kind Re-  
“ ception, Honour and Generosity reigns  
“ through the whole; the Trophies of the  
“ Poor invite the Rich, and their more daz-  
“ zling Assemblies compel the Former.

I heartly wish you the utmost Success with  
your Bath Patients, and a Continuance of the  
same Encouragement from Season to Season  
you have hitherto been successfully favour’d  
with,

*Sir, Your very humble Servant, &c.*



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## ADVERTISEMENT.

**B**ungay in *Suffolk* is delightfully situated on the River *Waveny* which being navigable to *Yarmouth* is a great Benefit to its Trade. It is a Burrough Town (in the Hundred of *Wag<sup>n</sup>-ford*) well built, and consists of two distinct Parishes, and has two Parish Churches answering to the Largeness of the Town, one of which is a sumptuous Structure (wherein is erected a very fine double Organ) and its beautiful Steeple (in which is a Ring of eight Bells) is an Ornament to the Town; between these two Churches is to be seen the Ruins of a *Benedictine* Nunnery; here also remain the Ruins of a very strong Castle supposed to have been built by the *Bigods* Earls of *Norfolk*; here is a Market weekly on *Thursdays*, well served with all Manner of Provisions. Here is likewise a large Common belonging to the said Town, which is of great Advantage to the Inhabitants. On the North Side of this Common, on the *Norfolk* Side of the River stands the *Cold Bath* (in a wholesome Air, free from the piercing Blasts of the North East and West Winds); the Water for its exquisite Coldness, Cleanness, Sweetness, Lightness, and continual rapid Motion, may justly vie with any in *England*; and to render it still more pleasant and agreeable, there is now erecting a

## ADVERTISEMENT.

commodious Foot Bridge over the County River, wide enough for a Sedan Chair to pass over, which is lately provided for the more safe Conveyance of Gentlemen or Ladies from the *Bagnio* to their Coaches.

*N. B.* Any Person that requires it may be furnished with the same Vehicle, or other Conveniencies from the Town to the *Bath*.





